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ABSTRACT

To determine existing fitness levels of mentally retarded students in Illinois and to establish state fitness norms for mildly retarded, moderately retarded, and Down's syndrome students, 1,548 retarded individuals (4 to 64 years old) were given a seven item special physical fitness test battery. A percentile norm was constructed on all seven items, and comparisons with national norms were undertaken. Results revealed that the mildly retarded Illinois Ss were lower performers on the seven items (bent arm hang, situps, shuttle run, standing long jump, 50 yard dash, softball throw, and 300 yard walk-run) than national norm Ss. Moderately retarded and Down's Ss performed very close to the national norms. Findings suggest the need for increased opportunities for physical fitness of Illinois mildly retarded students. (CL)

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A STUDY OF PHYSICAL FITNESS LEVELS OF MENTALLY HANDICAPPED CHILDREN AND ADOLESCENTS IN ILLINOIS

Fall, 1980

U S DEPARTMENT OF HEALTH, EDUCATION & WELFARE
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A STUDY OF PHYSICAL FITNESS LEVELS OF MENTALLY HANDICAPPED INDIVIDUALS IN THE STATE OF ILLINOIS

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A STUDY OF PHYSICAL FITNESS LEVELS OF MENTALLY HANDICAPPED INDIVIDUALS IN THE STATE OF ILLINOIS

INTRODUCTION

In 1958, the American Association for Health, Physical Education, and Recreation (AAHPER) developed the Youth Fitness Test Project. The plan was formulated and distributed to public schools throughout the country. Test scores were collected using the original physical fitness test battery, and then, national norms were established from the results.

Up to that time physical education and recreational programs had little national direction to a method of determining program effectiveness. This new objective assessment of student performance was now to serve as the foundation and the beginning of a longitudinal method for guiding physical education and recreational professionals toward needed curricular additions and modifications.

Since then, our schools have constantly used these tests for measurement of levels of physical fitness of our American Youth. There has been a constant rise in a student performance as witnessed by several revisions of the original 1958 stnadards, with the most recent edition coming in 1976.

While physical fitness is an integral component of all good physical education curricula, programs and activities for the mentally handicapped have not been nearly as extensive. In fact, before 1968, except for the programs provided by the Special Olympics organization, little national effort had been extended to this population of the developmentally disabled.

In an attempt to improve the physical fitness levels of boys and girls with mental handicaps, AAHPER extended its fitness testing program to include similar tests of physical fitness for both the mildly mentally handicapped (youngsters with I.Q.s between 50 and 75), and moderately mentally handicapped

(with I.Q.s between 25 and 50). In 1976, The Alliance published the Special Fitness Test Manual For Mildly Mentally Retarded Persons (1) and the Motor Fitness Testing Manual For the Moderately Mentally Retarded (2). These two norm referenced tools are patterened after their predecessor The AAHPER Youth Fitness Test Manual (3).

Substantial evidence exists to show distinct differences between physical fitness levels of normal children when compared to mildly, and moderately mentally handicapped youth. The early research of Sloan (4), Turnquist (5), Francis and Rarick (6), Hayden (7), and Stein (8) are in agreement with the general premise that mentally handicapped individuals will perform at physical levels between 2 and 4 years behind that of the normal child. A more recent study of Rarick, Widdop, and Broadhead (9), and considered the definitive study, compared general motor ability of 406, ages 6-13 mildly mentally handicapped and normal children. These researchers found that mildly mentally handicapped children are more nearly normal in motoric functions than in intellectual development. On the average, the retarded males were approximately 1 standard deviation below the mean of normal males and the retarded females are approximately 1½ standard deviations below their normal female counterparts. Mental or I.Q. differences place the same individuals at approximately 2 to 3 standard deviations below normals. These researchers conclude that a sizeable number of the retarded population performed at or above the level of many intellectually normal children on some motor tasks and given the proper instruction, perhaps as many as 50% of these children will in time perform at the level of the majority of intellectually normal children.

Brunicks(10) used his excellent and comprehensive revision of the Oseretsky Test of Motor Ability to establish significant differences in general motor performance between mildly mentally handicapped subjects and normal subjects at the .01 level of significance; and between the moderately mentally handicapped

subjects and normal subjects at the .001 level.

In 1980, Oseland (11) concluded that there was no overall significant difference between 908 subjects (650 moderately mentally handicapped (Mo), and 258 Down's syndrome), within four distinct age groups (8-11; 12-14; 15-18; and 19-21) on seven specific physical fitness test items. Exceptions did include: (a) the Mo 15-18 year old group was significantly superior (.05) to the Down's group on the sit-ups and 50 yard dash; (b) the Mo 8-11 year old males were significantly superior to Mo females on flexed arm hang and softball throw; (c) the Mo 8-11 females were significantly superior to Down's Syndrome females on the shuttle run; (d) the Down's 8-11 females were significantly superior to Down's males on the 300 yard run-walk; and (e) the Down's 15-18 males were significantly superior to Down's females on sit-ups.

With the advent of Public Law 94-142, THE EDUCATION FOR ALL HANDICAPPED CHILDREN ACT OF 1975, new emphasis was placed on more appropriate educational programs for mentally handicapped individuals between the ages of 3 and 21. This law demands that physical education be provided to the handicapped student, commensurate to that of the normal child. It is hypothesized, that in Illinois, this required physical education programming is producing highly significant differences between present levels of motor and physical fitness performance and the 1976 national norms. If this be the case, then the old norms are no longer appropriate. Therefore, this research was designed to determine if significant differences do exist between the 1976 norms and (1) mildly mentally handicapped, and (2) the moderately mentally handicapped.

Another question remained unanswered, that being, where and how does the Down's Syndrome child fit into the psychomotor world? These individuals commonly but erroneously labeled mongoloids, have historically been grouped with the moderately mentally handicapped because of mental similarity, that is, comparable levels of I.Q. between 25 and 50.

Recent and controlled valid research was not available to substantiate significant physical fitness differences between moderately mentally handicapped the Down's syndrome individuals. There existed a pressing need to determine if there are differences between these two groups.

PURPOSE

Specifically, the purpose of this study was:

1. to determine the existing physical fitness levels of mentally handicapped individuals in Illinois, including ages six through twenty-one.

2. to establish state physical fitness norms for three distinct groups of mentally handicapped individuals.

    a. mildly mentally handicapped
    (I.Q. = approximately 50-75)

    b. moderately mentally handicapped
    (I Q. = approximately 25-50)

    c. Down's Syndrome

Further, these State norms will be compared with the national norms to determine irregularities and inconsistencies.

It is anticipated that these new data will serve as a beginning for needed longitudinal studies involving Special Olympic, physical education, and recreational programs in Illinois.

PROCEDURES

A pilot study was completed in 1978 to determine the feasibility of a project of this magnitude. Physical fitness scores were taken from 248 subjects, from six different Central Illinois agencies. The subjects included 134 males, 114 females and ranged from ages four (4) to sixty-one (61).

Sixty-seven (67) were identified as mildly mentally handicapped (Mi); 130 were moderately mentally handicapped (Mo); and 51 Down's Syndrome (Do).

The pilot study indicated that, in the three groups, (mildly, moderately, and Down's Syndrome), the items used to test their existing levels of fitness were found to be appropriate and also administratively feasible.

The testing items as suggested by Leon Johnson and Ben Londeree in their Testing Manual for the Moderately Mentally Retarded (2) were used: 1) Flexed arm hang; 2) Bent knee sit ups for 60 seconds; 3) Standing long jump; 4) Softball throw for distance; 5) 50-yard dash; 6) 300 yard Run-Walk. The test item shuttle run, the traditional 30 foot block exchange, was also added to determine the motor fitness component of agility of all subjects.

During the 1979-80 school year 43 Illinois schools and agencies assisted in the administration of a seven (7) item special physical fitness test battery to a total of 1548 mentally handicapped individuals. Specific materials were sent to participating agencies for uniformity of test administration. These materials included: (A) Directions for administering the tests, (B) an example of a completed special physical fitness record form, and (C) blank special physical fitness record forms. Copies of the above can be found in the Appendix.

The subjects included 802 males and 646 females, with ages ranging between 4 and 64 years. The subjects were further grouped into three distinct mentally handicapped groups (Table I), these being, mildly mentally handicapped (N=344), moderately mentally handicapped (N=854), and Down's Syndrome (N=350).

TABLE I Handicapped Groups

	MILDLY	MODERATELY	DOWN'S	TOTAL
Male	203	514	185	902
Female	141	340	165	646
Total	344	854	350	1548

RESULTS

A percentile norm table was constructed on all seven physical fitness test items of the Special Fitness Test. These are the first physical fitness norms ever developed in the state of Illinois for mentally handicapped individuals (some age groups, due to small sample sizes, have been left blank because too few scores were available to compute percentiles). Each item has six norm tables, divided by sexes and specific handicapping groups (with three male and three female groups). A total of 42 tables are presented. These tables include the ages of 6-21, which parallels those school years from elementary thru college.

To compare the performances of physical fitness in these age groups to the national norms, the median point was used. While only two national norms are available (mildly and moderately groups), Down's syndrome was also compared with the moderately mentally handicapped norms. This was done because the two groups are traditionally combined for educational purposes, and most norm reference assessments include both groups into the moderately mentally handicapped classification.

An overall picture of these comparisons show that the mildly mentally handicapped individuals of Illinois are lower performers on the seven physical fitness itmes when compared to national norms, whereas, the moderately mentally handicapped and the Down's syndrome subjects performed very close to national norms. Table II illustrates these comparisons.

TABLE II Comparison of the Median point in each event.

MALE

	MILDLY		MODERATELY		DOWN'S	
	Illinois	National	Illinois	National	Illinois	National
Bent Arm Hang		X	6	3	3	2
Sit-ups		X	12	0	8 1 Tie	4
Shuttle run		X		not available		not available
Standing long jump	3	4	14	1	11	2
50 yd. dash	2 tie	X	11	4	5	7
Softball throw		X	9	6	5 1 Tie	7
300 yd. WR		X	11 1 Tie	2	4	6

FEMALE

	MILDLY		MODERATELY		DOWN'S	
	Illinois	National	Illinois	National	Illinois	National
Bent Arm Hang		X	7 1 Tie	5	1	
Sit-ups	X 2 Tie		12	2	8	3
Shuttle Run	X			not available		not available
Standing Long Jump	3 1 Tie	3	12 1 Tie	2	8	3
50 yd. Dash		X -1	8 1 Tie	3	6 2 Tie	2
Softball throw		X	5 2 Tie	8	7 1 Tie	3
300 yd. W-R		X	6	8	2 1 Tie	5

X =Better performance scores in all age groups.
Scores indicate the total number of age groups found superior in each test item

The null hypothesis was used in the following hypothesis: There is no significant difference between the moderately mentally handicapped and Down's syndrome individuals on their ability to perform on the special physical fitness test battery. A "t" test was used to determine significant differences

The hypothesis has been accepted, except on the test items of shuttle run and 300 yard run-walk, which were rejected at the .01 level. The mean scores on these two tests showed that the moderately mentally handicapped subjects did perform better than the Down's syndrome subjects.

Two seperate "t" tests were also performed to determine within the sexes (M_2 vs. M_3) (F_2 vs. F_3) on each of the seven test items. These comparisons indicate that the female moderately mentally handicapped group performed significantly better than the female Down's syndrome group in only one event, the shuttle run.

Another test was conducted using specific age range groupings, divided into four (4) age groups in addition to sex and handicapping groups. Age was used as a factor relating the subjects and their performances on the special physical fitness test items. These four age groups are: (1) 6-21; (2) 20-29; (3) 30-39; and (4) 40 and above.

A three-way analysis of variance procedure was utilized. The results revealed that the age differentiated the performance on the 50 yard dash, the softball throw, and the 300 yard run and walk. The standing long jump also showed a marked difference ($p > .10$) when compared, but was not significant.

IMPLICATIONS

The results of this study indicate that the selected sample of Illinois mildly mentally handicapped subjects are, as a group, inferior in general levels of physical fitness when compared with national standardized norms. These findings should suggest that more emphasis is needed to increase the intensity

and opportunities in physical fitness activities for those individuals in Illinois classified mildly mentally handicapped. This responsibility must be commonly shared by the public schools, local recreation departments, and local Special Olympic organizations. Therefore, all mildly mentally handicapped individuals must be provided daily physical education programs, taught by qualified physical educators, and finally, that comprehensive and progressive physical fitness activities be integral components of all motor programs.

A second conclusion of this study reveals that the physical fitness levels of both moderately mentally handicapped individuals and Down's syndrome individuals in selected Illinois subjects are almost identical. In addition, their combined group scores closely align with those found in national standardized norms. Thus, as is presently done in academic settings, these two general groups can be considered similar in physical fitness ability and can be placed and taught together in physical fitness activities.

Specific differences do occur within age groups, as is found in normal populations. Therefore, it is appropriate to place mentally handicapped individuals within appropriate chronological age groupings, but the key to successful placement stems from the results of an initial testing of an individual's existing level of ability. Pre-test results will dictate whether he subject should be placed into a regular program or into a highly individualized adapted physical education setting. Flexible scheduling, which would allow placement into both environments, is highly desired.

The national standardized norm tables, as developed by the A.A.H.P.E.R.D. (1) and (2), are presently acceptable as measures of physical fitness. They can be used when comparing specific groups of mentally handicapped subjects. A suggestion is presented for consideration: If a mentally handicapped student is being considered for placement into the regular physical education program, then that student should be compared with norms established for the

normal student (i.e., A.A.H.P.E.R. Youth Fitness Test Manual, 1976(3). This comparison will identify if the student possesses adequate levels of physical fitness for success in the regular program.

The long range effectiveness of any research project is usually determined by the amount of change it produces. These researchers are requesting that a longitudinal approach be developed and that new and additional physical fitness scores be added to the existing information. New data will be instrumental in the total evaluation of existing and future programs for the mentally handicapped. A request for new scores will be made at a future date. Individuals or agencies are requested to supply names and addresses if future involvement is desired.

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August, 1980

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11. Oseland, D.J., Physical Fitness Comparisons of Down's Syndrome and Moderately Mentally Impaired Students. Unpublished Master's Thesis, Normal, Illinois: Illinois State University, 1980.

DIRECTIONS FOR ADMINISTERING THE TESTS*

*The following pages were reproduced from:

Johnson, L., and Londree, B., Motor Fitness Testing Manual For the Moderately Mentally Retarded. Washington, D.C.: AAHPER Publications, 1976, pp. 14-24.

American Alliance For Health, Physical Education, and Recreation, Special Fitness Test Manual For the Mildly Mentally Retarded Person. Washington, D.C.: AAHPER Publications, 1976, p. 32.

General Administrative Procedures

It is suggested that a battery of six items — flexed arm hang, situps, standing long jump, softball throw for distance, 50 yard dash, and 300 yard run-walk — will provide a satisfactory physical fitness profile of moderately retarded children. Other items are included in this manual to permit comparisons as needed in local situations. Directions for individual tests appear on the following pages.

The suggested battery of items requires little in the way of specialized equipment and facilities. The softball throw for distance and 50 yard dash should be administered outdoors; other tests can be given inside or outside.

Use of space and time should be planned carefully to ensure efficiency. Arrangements should be made for obtaining and training timers and scorers. With adequate trained help a squad method of test organization will reduce total testing time the most without sacrificing accuracy. A dress rehearsal of administrative procedures is a wise investment of time both from the standpoint of efficiency and validity of test results.

If time permits, all 7 test items can be administered during one session by rotating squads among the four stations that do not involve running followed by the 50 yard dash and then the 300 yard run-walk. An alternative approach consists of giving the flexed arm hang, situps, and long jump tests on one day with other tests administered on a second day. Each test item should be administered exactly according to directions. Failure to do this may make comparisons with norms invalid.

Make sure that each student is familiar with the test item before testing. A demonstration of the proper procedures is beneficial. The purpose is to measure physical performance, not understanding of the test. If a student obviously has misunderstood directions, he should be given another trial. Students should be warmed up before taking tests. The test should not be given to any student whose medical status is questionable.

1. Flexed Arm Hang

EQUIPMENT

A metal or wooden bar approximately 1½ inches in diameter is preferred. A doorway gym bar, a piece of pipe, or an angled or horizontal ladder can be substituted. A stopwatch is needed also.

DESCRIPTION

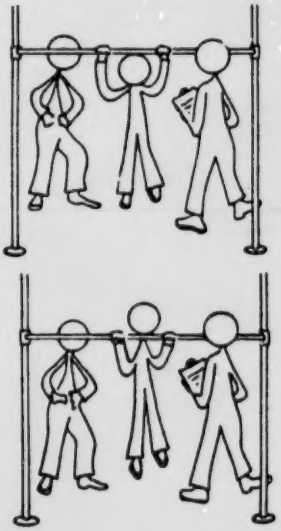
The bar should be adjusted to approximately standing height. The student grabs the bar with an overhand grip (palms facing away from the body) and with the aid of a spotter (who lifts at the waist) jumps to the flexed arm position. Proper position is one in which the chin is level and above the bar; elbows are close to the sides, and the chest is close to the bar. Object of the test is to hold the proper position as long as possible.

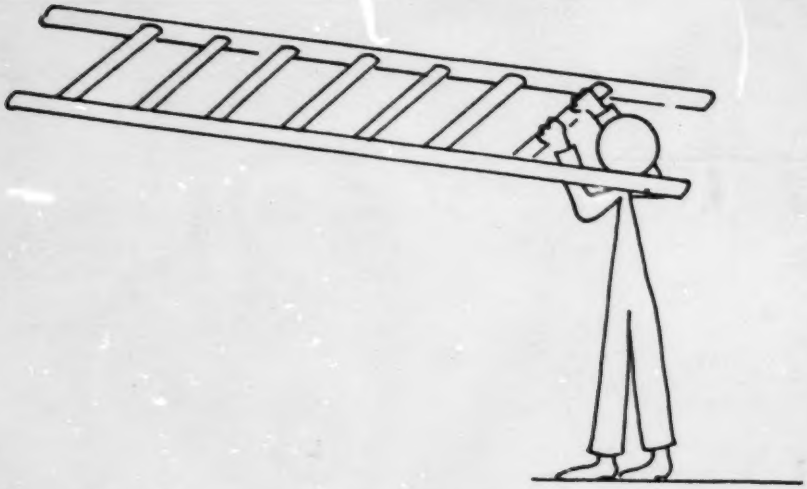
RULES

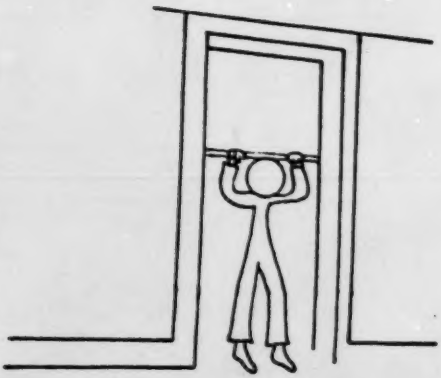
1. The stopwatch is started as soon as the student assumes the proper position and the spotter relinquishes his help.
2. The stopwatch is stopped when a) the chin touches the bar, b) the head tilts back to keep the chin above the bar, or c) the chin drops below the top of the bar.
3. No kicking, swinging, or raising of knees is permitted.
4. One trial is permitted.

SCORING

Record to the nearest tenth of a second the time the subject holds the proper position.







2. Situps In Thirty Seconds

EQUIPMENT

Tumbling mat and stopwatch

DESCRIPTION

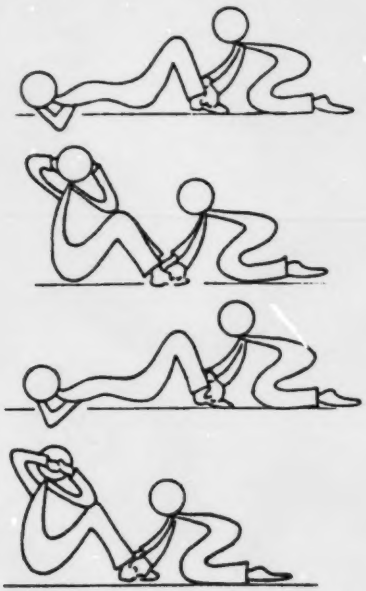
The student lies on back on the mat with knees flexed to less than 90 degrees, feet on the mat, and heels not more than 12 inches from the buttocks. Hands are placed behind neck with fingers interlaced; elbows should be resting on the mat. A partner holds the feet so that they remain in contact with the mat. On the command *GO* the student should curl up into a situp position and touch one elbow to the opposite knee, recline, repeat the situp, and touch the other elbow and knee, continuing in this alternating manner until the command *STOP*. The purpose is to perform as many situps as possible in 30 seconds.

RULES

1. Do not count the situp if a) the student does not start from a completely reclined position with elbows on the mat, b) the student does not touch an elbow to the opposite knee, or c) fingers do not remain clasped behind the neck.
2. Only one trial is permitted.

SCORING

The score is the number of times in 30 seconds one of the student's elbows touches the opposite knee correctly.



3. Standing Long Jump

EQUIPMENT

Floor or a paved outdoor surface

DESCRIPTION

Mark an open area on the floor with a restraining line and lines parallel to the restraining line every inch starting at 12 inches and continuing through 120 inches; modify for young or old groups. The lines should be about 30 inches long and distances should be clearly marked. Lines can be made with a felt tip pen for temporary use or with paint protected with sealer for permanent use. An alternate setup is to tape a tape measure on the floor perpendicular to the restraining line. The student should stand with toes just behind the restraining line and with feet several inches apart. Any preliminary motions desired may be made as long as feet are not moved. Generally the best procedure is to dip the body by bending the knees as the arms swing forward; repeat several times. As a student swings through for the actual jump, the arm swing should be quite forceful and the body should lean forward as the body dips so that the force of the jump will be forward. The jump is made with both feet leaving the floor at the same time and landing at the same time.

Both research and experience indicate that many youngsters do not attain best efforts in three standing long jump attempts. To have greater confidence in results as true indicators of an individual's ability in this event, the following procedures should be considered:

Determine when each youngster obtains best jump. The number of jumps in testing does not permit most jumpers to achieve their best performances — they must work up to best jumps through all out practice jumps; determine this as follows:

- Take 20-25 all out jumps after thorough warmup
- Record, chart, or graph each jump in terms of actual length or how much each jump increases or decreases compared with first effort — note pattern and when best jump occurs.
- Repeat this procedure several times — never more than once a week — until pattern is established whereby best jump occurs within one or two jumps.
- Plan pre-test practice so best jump occurs on second of three test jumps for example, if a youngster's best jump occurs on the 12th effort, take 10 all out practice jumps before first test jump; in this way the 12th all out effort is the second in competition.

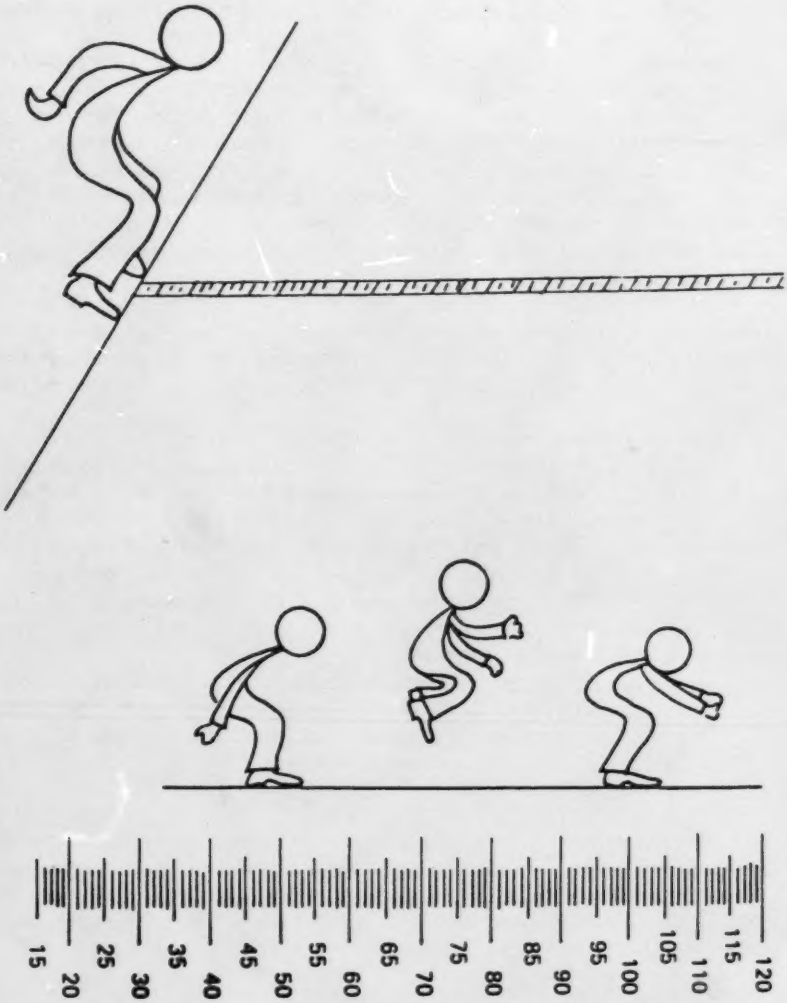
RULES

1. Both feet must leave the floor at the same time.
2. Both feet must land on the floor at the same time.
3. Measure the perpendicular distance from the restraining line to the heel or other body part that touches the floor nearest takeoff line. Be sure to note carefully the point where heels first contact the floor because there is a tendency for the feet to slide forward.

4. Do not count a jump if the student moves feet just prior to jumping.
5. Best of three trials is scored.

SCORING

Record the best of three trials to the nearest inch.



4. Softball Throw for Distance

EQUIPMENT

An open field approximately 50 feet wide and 250 feet long, a minimum of three softballs (12-inch) in good condition, and agricultural lime.

DESCRIPTION

At one end of a field make a restraining line with lime. Starting 15 feet from and parallel to the restraining line, mark lines at five feet intervals through about 225 feet — less for younger and more for older students. Lines at multiples of 10 feet should be longer with distance clearly marked. Permit students to play catch briefly to loosen their arms and shoulders. Have the student throw (overhand) three times in succession. After the first throw quickly mark the distance to the nearest foot by sighting parallel to the distance lines. Indicate distance to the student and have him or her make the next throw. If it is a better throw repeat the previous process — if not, remain at the first mark for the final throw. Use about two students to retrieve balls after they hit the ground.

Both research and experience indicate that many youngsters do not attain best efforts in three softball throws for distance attempts. To have greater confidence in results being true indicators of an individual's ability in this event, the following procedures should be considered:

Under no circumstances — practice, testing, or competition — should a youngster throw hard or far before warming up thoroughly. Include a sufficient number of form throws at increasing distances in preparation for all out throws in practice, testing, or competition. Determine when each youngster obtains best throw. The number of throws in testing does not permit most throwers to achieve their best performances — they must work up to best throws through all out practice throws: determine this as follows:

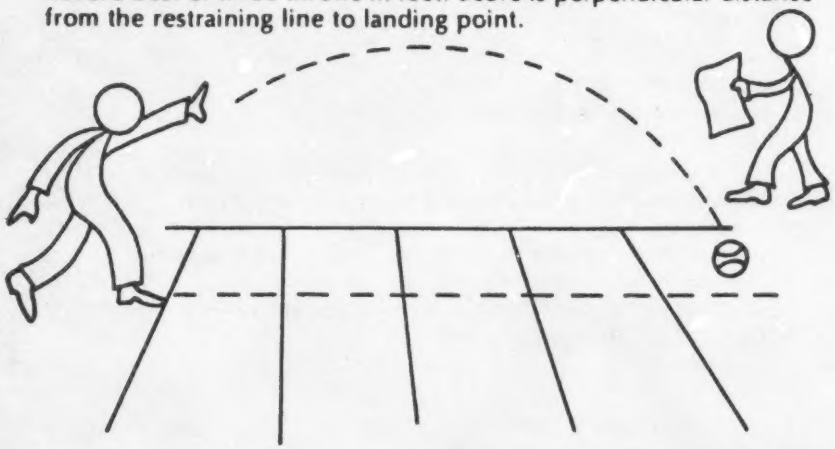
- Take 20-25 all out throws
- Record, chart, or graph each throw in terms of actual distance or how much each throw increases or decreases compared with first effort — note pattern and when best throw occurs.
- Repeat this procedure several times — never more than once a week — until a pattern is established whereby best throw occurs within one or two throws.
- Plan pretest practice so best throw occurs on second of three test throws. For example, if a youngster's best throw occurs on the 16th effort, take 14 all out practice throws before first test throw; in this way the 16th all out effort is the second in testing.

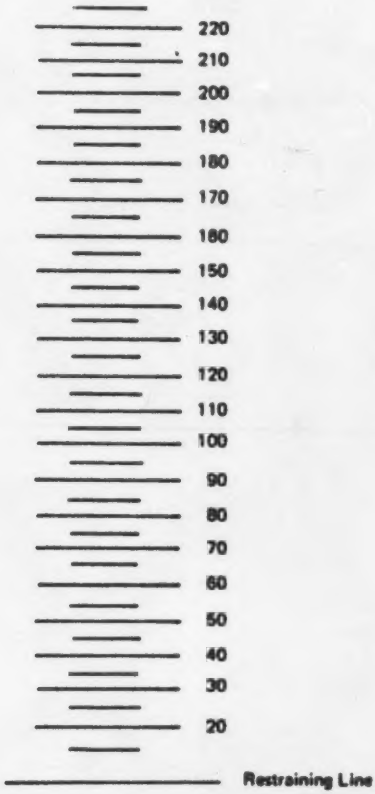
RULES

1. Only an overhand throw may be used.
2. Student may make any approach wished but must not cross the restraining line; have other students watch for fouls.
3. Only three trials are permitted.

SCORING

Record best of three throws in feet. Score is perpendicular distance from the restraining line to landing point.





5. 50-Yard Dash

EQUIPMENT

An appropriate measured distance on a smooth, relatively solid surface and preferably two stopwatches.

DESCRIPTION

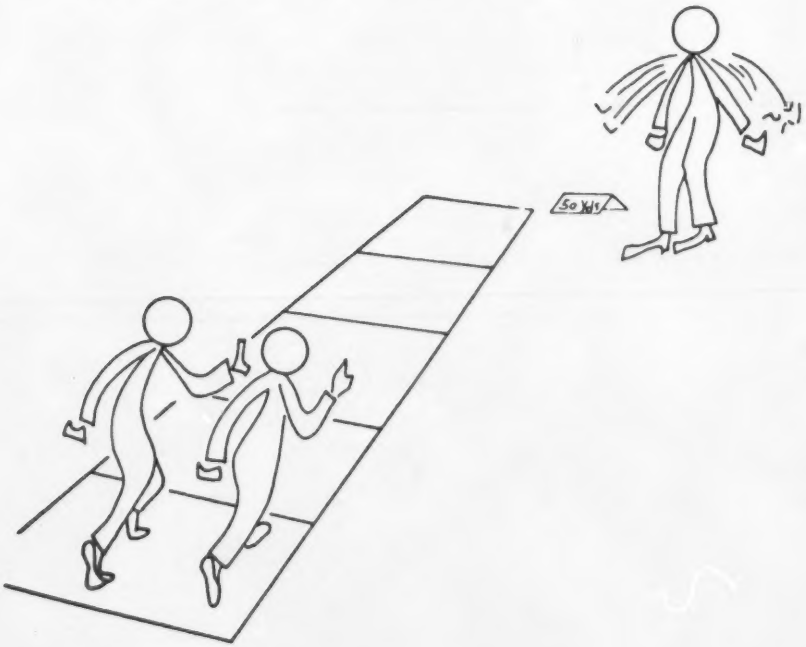
Two students take standing positions behind the starting line. When both runners are ready indicate the *SET* position (from the finish line) by raising your arms sideways with a watch in each hand. The *GO* signal is made by briskly bringing the arms down and starting watches at the same time. Stop each watch as the respective runner first contacts the imaginary plane extending above the finish line with the body — i.e., not head or arms.

RULES

1. Score is elapsed time between the *GO* signal and instant the student crosses the finish line.
2. Only one trial is permitted.

SCORING

Record elapsed time to nearest tenth of a second.



6. 300 Yard Run-Walk

EQUIPMENT

A track, paved area, or reasonably solid and smooth surface on which an appropriate course can be marked and a stopwatch.

DESCRIPTION

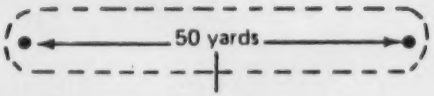
Have five to ten students run at a time. They should use a standing start in a single row behind the starting line. On the signal, *READY–GO*, the students run the 300 yard distance as quickly as possible. It is permissible to walk some if necessary. The timer reads times aloud as each runner finishes while a recorder marks times. Another helper identifies students as each crosses the finish line. In an alternative approach depending upon ages, students pair off before the event. Only one member of a pair runs at a time and the second member of the pair listens for the partner's time.

RULES

Walking is permitted but should be kept to a minimum since the purpose is to finish in the shortest possible time.

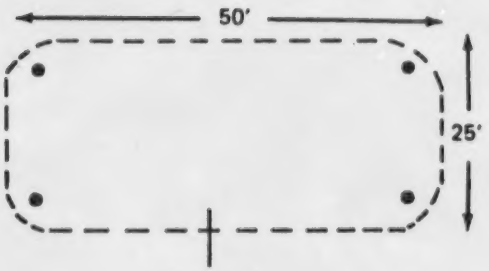
SCORING

Record the elapsed time in seconds.



Start and
Finish

Outdoors: 3 Laps



Start and
Finish

Indoors: 6 Laps

7. shuttle run

BOYS AND GIRLS

EQUIPMENT

Two blocks of wood, 2 inches x 2 inches x 4 inches, and stopwatch. Pupils should wear sneakers or run barefooted.

DESCRIPTION

Two parallel lines are marked on the floor 30 feet apart. The width of a regulation volleyball court serves as a suitable area. Place the blocks of wood behind one of the lines as indicated in FIGURE 7. The pupil starts from behind the other line. On the signal "Ready? Go!" the pupil runs to the blocks, picks one up, runs back to the starting line, and *places* the block behind the line; he then runs back and picks up the second block, which he carries back across the starting line. If the scorer has two stopwatches or one with a split-second timer, it is preferable to have two pupils running at the same time. To eliminate the necessity of returning the blocks after each race, start the races alternately, first from behind one line and then from behind the other.

RULES

Allow two trials with some rest between.

SCORING

Record the time of the better of the two trials to the nearest tenth of a second.

FIGURE 7
Starting the shuttle run.

PERCENTILE SCORING TABLES

MILDLY MENTALLY HANDICAPPED

MILDLY MENTALLY HANDICAPPED

FLEXED ARM HANG -- FEMALE GROUP 1

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	7.9	9.2	20.0	20.2	45.5	49.8	28.0	--	--	--	--	--	--	--	--
95	--	7.9	9.2	20.0	20.2	45.5	49.6	28.0	--	--	--	--	--	--	--	--
90	--	7.6	8.0	17.9	19.2	11.0	37.4	19.6	--	--	--	--	--	--	--	--
85	--	5.1	6.2	13.3	17.2	9.0	17.5	11.1	--	--	--	--	--	--	--	--
80	--	5.2	5.7	10.1	16.4	8.2	14.4	11.0	--	--	--	--	--	--	--	--
75	--	5.0	4.5	7.8	14.3	7.5	14.0	10.3	--	--	--	--	--	--	--	--
70	--	4.3	3.2	7.1	9.9	7.5	13.2	7.8	--	--	--	--	--	--	--	--
65	--	3.1	2.1	6.7	8.3	4.0	13.0	5.6	--	--	--	--	--	--	--	--
60	--	2.0	1.9	6.3	7.2	3.0	9.1	5.4	--	--	--	--	--	--	--	--
55	--	0.9	1.5	5.8	6.2	3.0	5.3	4.3	--	--	--	--	--	--	--	--
50	--	0.6	0.6	5.4	4.3	3.0	5.0	3.5	--	--	--	--	--	--	--	--
45	--	0.5	0.5	4.6	2.6	1.7	2.9	2.7	--	--	--	--	--	--	--	--
40	--	0.4	0.3	2.4	2.5	1.1	1.6	2.0	--	--	--	--	--	--	--	--
35	--	0.4	0.1	1.4	1.6	0.0	0.0	1.5	--	--	--	--	--	--	--	--
30	--	0.4	0.0	1.0	0.5	--	--	0.7	--	--	--	--	--	--	--	--
25	--	0.3	--	0.8	0.1	--	--	0.0	--	--	--	--	--	--	--	--
20	--	0.2	--	0.7	0.0	--	--	--	--	--	--	--	--	--	--	--
15	--	0.1	--	0.6	--	--	--	--	--	--	--	--	--	--	--	--
10	--	0.0	--	0.4	--	--	--	--	--	--	--	--	--	--	--	--
5	--	--	--	0.3	--	--	--	--	--	--	--	--	--	--	--	--
0	--	--	--	0.3	--	--	--	--	--	--	--	--	--	--	--	--
N	4	10	13	12	12	19	23	14	3	0	0	0	1	0	0	0

MILDLY MENTALLY HANDICAPPED

FLEXED KNEE SITUPS -- FEMALE GROUP 1

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	20	25	31	31	42	44	45	--	--	--	--	--	--	--	--
95	--	20	25	31	31	42	43	45	--	--	--	--	--	--	--	--
90	--	20	24	31	31	39	37	41	--	--	--	--	--	--	--	--
85	--	17	23	30	30	32	35	39	--	--	--	--	--	--	--	--
80	--	15	21	27	28	29	32	37	--	--	--	--	--	--	--	--
75	--	14	21	25	26	27	31	35	--	--	--	--	--	--	--	--
70	--	13	19	25	25	26	30	33	--	--	--	--	--	--	--	--
65	--	13	16	24	23	22	30	32	--	--	--	--	--	--	--	--
60	--	12	15	23	22	20	29	28	--	--	--	--	--	--	--	--
55	--	10	14	22	21	19	27	26	--	--	--	--	--	--	--	--
50	--	9	13	22	21	18	25	25	--	--	--	--	--	--	--	--
45	--	8	12	20	20	16	22	23	--	--	--	--	--	--	--	--
40	--	7	12	15	18	16	20	21	--	--	--	--	--	--	--	--
35	--	7	11	13	16	15	17	15	--	--	--	--	--	--	--	--
30	--	7	9	11	15	15	16	14	--	--	--	--	--	--	--	--
25	--	7	8	7	14	15	16	13	--	--	--	--	--	--	--	--
20	--	6	6	5	12	13	15	11	--	--	--	--	--	--	--	--
15	--	4	2	4	11	10	15	10	--	--	--	--	--	--	--	--
10	--	1	0	1	4	6	12	8	--	--	--	--	--	--	--	--
5	--	1	--	0	0	3	5	2	--	--	--	--	--	--	--	--
0	--	1	--	--	--	3	3	2	--	--	--	--	--	--	--	--
N	4	10	13	12	13	20	24	16	3	0	0	0	1	1	0	0

MILDLY MENTALLY HANDICAPPED

SHUTTLE RUN -- FEMALE GROUP 1

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	15.2	11.4	12.5	10.8	11.0	10.7	10.8	--	--	--	--	--	--	--	--
95	--	15.2	11.4	12.5	10.8	11.0	10.7	10.8	--	--	--	--	--	--	--	--
90	--	15.3	12.2	12.7	11.1	11.3	10.7	10.9	--	--	--	--	--	--	--	--
85	--	15.6	13.4	13.1	11.8	11.4	10.8	11.2	--	--	--	--	--	--	--	--
80	--	15.8	13.9	13.4	12.1	11.8	11.2	11.6	--	--	--	--	--	--	--	--
75	--	15.9	14.1	13.7	12.1	11.8	11.4	11.7	--	--	--	--	--	--	--	--
70	--	16.1	14.3	13.9	12.3	12.1	11.6	12.2	--	--	--	--	--	--	--	--
65	--	16.2	14.5	14.1	12.6	12.4	12.2	12.8	--	--	--	--	--	--	--	--
60	--	16.9	14.6	14.4	13.1	12.6	12.2	13.0	--	--	--	--	--	--	--	--
55	--	17.9	14.8	14.6	13.3	12.8	12.2	13.0	--	--	--	--	--	--	--	--
50	--	18.1	15.0	14.7	13.5	13.0	12.5	13.1	--	--	--	--	--	--	--	--
45	--	18.2	15.0	14.8	13.8	13.4	13.1	13.2	--	--	--	--	--	--	--	--
40	--	18.4	15.5	15.0	14.1	14.1	13.4	13.2	--	--	--	--	--	--	--	--
35	--	18.8	16.3	15.1	14.2	14.6	13.6	13.3	--	--	--	--	--	--	--	--
30	--	18.8	16.9	15.3	14.4	15.2	13.8	13.6	--	--	--	--	--	--	--	--
25	--	19.3	17.3	15.8	14.5	15.4	14.3	13.9	--	--	--	--	--	--	--	--
20	--	20.1	17.7	16.2	14.9	16.0	14.6	14.2	--	--	--	--	--	--	--	--
15	--	21.9	18.0	16.5	15.2	16.5	14.9	14.5	--	--	--	--	--	--	--	--
10	--	24.2	21.5	17.6	15.4	17.9	16.8	15.3	--	--	--	--	--	--	--	--
5	--	24.6	23.8	18.1	15.5	18.8	17.7	16.0	--	--	--	--	--	--	--	--
0	--	24.6	23.8	18.1	15.5	18.8	17.7	16.0	--	--	--	--	--	--	--	--
N	3	10	13	12	11	19	20	14	3	0	0	0	1	1	0	0

MILDLY MENTALLY HANDICAPPED

STNDING LONG JUMP -- FEMALE GROUP 1

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	48	51	54	60	72	75	72	--	--	--	--	--	--	--	--
95	--	48	51	54	60	72	74	72	--	--	--	--	--	--	--	--
90	--	48	51	54	59	67	71	64	--	--	--	--	--	--	--	--
85	--	48	50	53	57	65	67	60	--	--	--	--	--	--	--	--
80	--	47	49	53	54	60	64	59	--	--	--	--	--	--	--	--
75	--	45	47	53	53	60	60	59	--	--	--	--	--	--	--	--
70	--	42	45	48	52	57	60	58	--	--	--	--	--	--	--	--
65	--	38	43	44	52	54	57	56	--	--	--	--	--	--	--	--
60	--	36	41	42	51	53	56	56	--	--	--	--	--	--	--	--
55	--	34	39	42	50	53	55	55	--	--	--	--	--	--	--	--
50	--	33	39	42	50	52	54	54	--	--	--	--	--	--	--	--
45	--	32	35	40	49	50	52	53	--	--	--	--	--	--	--	--
40	--	31	33	37	49	50	52	52	--	--	--	--	--	--	--	--
35	--	28	33	35	47	47	51	50	--	--	--	--	--	--	--	--
30	--	22	31	34	38	43	50	50	--	--	--	--	--	--	--	--
25	--	18	29	33	34	41	47	47	--	--	--	--	--	--	--	--
20	--	16	26	27	30	39	42	44	--	--	--	--	--	--	--	--
15	--	14	21	20	27	35	38	40	--	--	--	--	--	--	--	--
10	--	11	20	10	19	32	34	36	--	--	--	--	--	--	--	--
5	--	11	20	7	14	26	33	32	--	--	--	--	--	--	--	--
0	--	11	20	7	14	26	33	32	--	--	--	--	--	--	--	--
N	3	10	13	11	13	20	24	16	3	0	0	0	1	1	0	0

MILDLY MENTALLY HANDICAPPED

50 YARDS DASH -- FEMALE GROUP 1

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	10.4	9.5	8.5	8.5	8.5	7.5	7.2	--	--	--	--	--	--	--	--
95	--	10.4	9.5	8.5	8.5	8.5	7.5	7.2	--	--	--	--	--	--	--	--
90	--	10.4	9.5	8.7	8.6	8.5	7.7	7.3	--	--	--	--	--	--	--	--
85	--	10.7	9.5	9.2	8.8	8.5	8.0	7.6	--	--	--	--	--	--	--	--
80	--	11.4	9.5	9.6	8.9	8.6	8.2	8.0	--	--	--	--	--	--	--	--
75	--	12.1	9.6	9.8	9.0	8.8	8.3	8.5	--	--	--	--	--	--	--	--
70	--	12.2	9.9	9.8	9.2	8.8	8.5	8.8	--	--	--	--	--	--	--	--
65	--	12.3	10.4	10.0	9.3	9.0	8.5	8.9	--	--	--	--	--	--	--	--
60	--	12.8	11.0	10.2	9.3	9.2	8.5	9.2	--	--	--	--	--	--	--	--
55	--	12.9	11.6	10.4	9.5	9.5	8.5	9.5	--	--	--	--	--	--	--	--
50	--	13.5	11.8	10.8	9.7	9.8	8.6	9.8	--	--	--	--	--	--	--	--
45	--	14.3	12.0	10.8	9.9	10.1	8.9	9.9	--	--	--	--	--	--	--	--
40	--	15.2	13.0	11.0	10.1	10.1	9.1	10.0	--	--	--	--	--	--	--	--
35	--	15.7	13.8	11.0	10.2	10.5	9.2	10.0	--	--	--	--	--	--	--	--
30	--	15.8	14.3	11.0	10.7	10.9	9.4	10.1	--	--	--	--	--	--	--	--
25	--	15.9	14.7	11.2	11.5	12.1	9.8	10.2	--	--	--	--	--	--	--	--
20	--	16.8	15.0	11.3	11.7	12.4	10.3	10.4	--	--	--	--	--	--	--	--
15	--	17.7	16.0	11.5	13.1	12.7	10.8	12.0	--	--	--	--	--	--	--	--
10	--	18.2	17.4	12.7	16.5	17.9	11.4	13.2	--	--	--	--	--	--	--	--
5	--	18.2	17.7	13.2	18.1	18.2	12.6	13.5	--	--	--	--	--	--	--	--
0	--	18.2	17.7	13.2	18.1	18.2	12.7	13.5	--	--	--	--	--	--	--	--
N	3	7	10	12	14	19	21	15	3	0	0	0	1	1	0	0

MILDLY MENTALLY HANDICAPPED

SOFTBALL THROW -- FEMALE GROUP 1

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	32	34	49	48	60	85	81	--	--	--	--	--	--	--	--
95	--	32	34	49	48	60	85	81	--	--	--	--	--	--	--	--
90	--	31	34	47	48	57	81	77	--	--	--	--	--	--	--	--
85	--	28	34	42	47	57	77	65	--	--	--	--	--	--	--	--
80	--	25	32	38	46	54	71	59	--	--	--	--	--	--	--	--
75	--	24	31	36	45	52	66	56	--	--	--	--	--	--	--	--
70	--	22	29	35	40	49	61	55	--	--	--	--	--	--	--	--
65	--	21	29	35	37	47	58	53	--	--	--	--	--	--	--	--
60	--	21	29	34	37	45	52	51	--	--	--	--	--	--	--	--
55	--	20	28	32	37	42	50	46	--	--	--	--	--	--	--	--
50	--	19	27	29	36	42	49	39	--	--	--	--	--	--	--	--
45	--	18	25	26	35	40	47	38	--	--	--	--	--	--	--	--
40	--	17	22	25	33	35	44	37	--	--	--	--	--	--	--	--
35	--	17	20	24	30	35	40	36	--	--	--	--	--	--	--	--
30	--	16	18	22	29	35	40	34	--	--	--	--	--	--	--	--
25	--	15	17	20	28	29	38	31	--	--	--	--	--	--	--	--
20	--	13	16	16	26	28	36	30	--	--	--	--	--	--	--	--
15	--	11	15	12	22	25	33	29	--	--	--	--	--	--	--	--
10	--	9	11	8	17	22	32	24	--	--	--	--	--	--	--	--
5	--	9	10	7	15	18	20	23	--	--	--	--	--	--	--	--
0	--	9	10	7	15	18	18	23	--	--	--	--	--	--	--	--
N	4	10	12	12	11	19	22	11	2	0	0	0	0	1	0	0

MILDLY MENTALLY HANDICAPPED

300 YARDS RUN-WALK -- FEMALE GROUP 1

AGE PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	85	83	76	66	70	60	53	--	--	--	--	--	--	--	--
95	--	85	83	76	66	70	60	53	--	--	--	--	--	--	--	--
90	--	85	83	76	67	74	61	53	--	--	--	--	--	--	--	--
85	--	86	83	76	71	76	65	53	--	--	--	--	--	--	--	--
80	--	89	84	77	75	79	70	54	--	--	--	--	--	--	--	--
75	--	92	87	79	79	79	74	55	--	--	--	--	--	--	--	--
70	--	95	90	80	84	81	76	63	--	--	--	--	--	--	--	--
65	--	98	104	86	89	84	77	70	--	--	--	--	--	--	--	--
60	--	105	117	91	90	90	78	77	--	--	--	--	--	--	--	--
55	--	114	116	91	91	96	84	84	--	--	--	--	--	--	--	--
50	--	124	119	91	94	100	90	90	--	--	--	--	--	--	--	--
45	--	148	126	91	96	101	91	93	--	--	--	--	--	--	--	--
40	--	172	132	92	100	106	95	96	--	--	--	--	--	--	--	--
35	--	190	157	95	106	113	106	99	--	--	--	--	--	--	--	--
30	--	203	182	98	115	120	121	102	--	--	--	--	--	--	--	--
25	--	216	184	105	128	122	122	106	--	--	--	--	--	--	--	--
20	--	228	185	111	144	125	124	123	--	--	--	--	--	--	--	--
15	--	239	211	153	160	142	127	140	--	--	--	--	--	--	--	--
10	--	245	237	194	175	157	134	149	--	--	--	--	--	--	--	--
5	--	245	237	194	178	164	170	149	--	--	--	--	--	--	--	--
0	--	245	237	194	176	164	170	149	--	--	--	--	--	--	--	--
N	2	7	9	9	10	15	18	7	2	0	0	0	0	1	0	0

MILDLY MENTALLY HANDICAPPED

FLEXED ARM HANG -- MALE GROUP 1

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	11.4	13.0	12.9	22.0	23.1	33.4	46.0	33.0	35.9	--	--	--	--	--	--	--
95	11.4	13.0	12.9	22.0	21.9	30.2	43.0	33.0	35.9	--	--	--	--	--	--	--
90	11.4	12.2	11.8	20.0	20.9	19.0	23.3	31.0	35.9	--	--	--	--	--	--	--
85	11.0	10.8	9.9	17.6	19.3	11.6	16.1	20.3	29.3	--	--	--	--	--	--	--
80	10.4	9.2	8.2	16.3	13.1	9.2	14.7	19.0	16.2	--	--	--	--	--	--	--
75	9.4	6.9	8.2	11.4	12.3	9.0	13.1	16.0	9.0	--	--	--	--	--	--	--
70	7.9	5.1	7.4	8.3	7.6	8.7	12.1	5.7	2.7	--	--	--	--	--	--	--
65	6.2	5.1	7.1	6.7	6.6	7.4	11.9	4.0	2.4	--	--	--	--	--	--	--
60	4.2	5.0	6.2	6.0	6.3	6.4	9.3	3.4	2.1	--	--	--	--	--	--	--
55	2.4	4.9	5.0	5.6	4.1	6.0	7.6	2.6	1.6	--	--	--	--	--	--	--
50	2.2	4.6	4.6	4.9	3.6	6.0	7.0	1.8	1.1	--	--	--	--	--	--	--
45	2.0	4.2	4.5	4.0	2.4	5.0	6.3	1.0	0.9	--	--	--	--	--	--	--
40	1.9	3.8	3.8	4.0	1.1	4.9	5.3	0.6	0.6	--	--	--	--	--	--	--
35	1.7	3.3	3.3	4.0	0.7	4.3	5.0	0.0	0.5	--	--	--	--	--	--	--
30	1.6	1.0	2.5	3.7	0.5	3.0	4.8	--	0.4	--	--	--	--	--	--	--
25	1.5	0.2	0.3	3.0	0.4	2.0	3.1	--	0.4	--	--	--	--	--	--	--
20	1.2	0.0	0.3	2.0	0.3	0.9	2.2	--	0.2	--	--	--	--	--	--	--
15	0.5	--	0.2	1.2	0.0	0.3	1.0	--	0.1	--	--	--	--	--	--	--
10	0.0	--	0.1	0.6	--	0.0	0.3	--	0.0	--	--	--	--	--	--	--
5	--	--	0.0	0.4	--	--	0.0	--	--	--	--	--	--	--	--	--
0	--	--	--	0.4	--	--	--	--	--	--	--	--	--	--	--	--
N	8	13	15	14	30	29	22	26	7	3	2	2	2	2	0	0

MILDLY MENTALLY HANDICAPPED

FLEXED KNEE SITUPS -- MALE GROUP 1

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	25	22	18	50	44	71	46	56	51	--	--	--	--	--	--	--
95	25	22	18	50	41	58	45	52	51	--	--	--	--	--	--	--
90	25	21	17	41	31	35	34	47	51	--	--	--	--	--	--	--
85	25	20	16	32	27	32	33	44	50	--	--	--	--	--	--	--
80	25	19	16	30	25	32	32	40	49	--	--	--	--	--	--	--
75	23	18	16	29	24	30	32	36	47	--	--	--	--	--	--	--
70	19	16	16	25	22	29	31	34	45	--	--	--	--	--	--	--
65	16	13	15	23	22	28	30	31	44	--	--	--	--	--	--	--
60	15	12	14	22	20	25	29	29	43	--	--	--	--	--	--	--
55	13	11	13	17	19	22	26	29	42	--	--	--	--	--	--	--
50	12	9	12	15	18	21	25	25	37	--	--	--	--	--	--	--
45	11	8	8	14	17	19	21	27	31	--	--	--	--	--	--	--
40	8	6	6	12	15	18	19	24	29	--	--	--	--	--	--	--
35	5	5	5	10	11	16	17	18	27	--	--	--	--	--	--	--
30	4	5	4	10	10	15	13	15	25	--	--	--	--	--	--	--
25	4	5	4	10	7	13	17	13	22	--	--	--	--	--	--	--
20	3	2	2	10	7	10	10	9	20	--	--	--	--	--	--	--
15	1	2	2	5	4	9	8	5	20	--	--	--	--	--	--	--
10	0	1	1	1	1	8	3	2	20	--	--	--	--	--	--	--
5	--	1	0	0	0	2	0	0	20	--	--	--	--	--	--	--
0	--	1	--	--	--	1	--	--	20	--	--	--	--	--	--	--
N	8	13	15	14	33	30	24	29	8	3	2	2	2	2	0	0

30

MILDLY MENTALLY HANDICAPPED

SHUTTLE RUN -- MALE GROUP 1

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	16.3	13.3	12.2	12.0	10.0	10.5	10.2	10.0	--	--	--	--	--	--	--	--
95	16.3	13.3	12.2	12.0	10.4	10.5	10.2	10.0	--	--	--	--	--	--	--	--
90	16.3	13.3	13.1	12.1	11.2	10.5	10.5	10.1	--	--	--	--	--	--	--	--
85	16.3	13.4	13.8	12.4	11.6	10.8	10.5	10.3	--	--	--	--	--	--	--	--
80	16.6	13.6	14.0	12.7	12.0	11.4	10.9	10.5	--	--	--	--	--	--	--	--
75	17.1	14.0	14.2	12.8	12.2	11.8	11.0	10.5	--	--	--	--	--	--	--	--
70	17.6	14.1	14.4	12.8	12.4	12.0	11.1	10.8	--	--	--	--	--	--	--	--
65	18.0	14.4	14.7	12.8	12.4	12.2	11.4	12.0	--	--	--	--	--	--	--	--
60	18.1	14.8	14.8	13.0	12.7	12.4	11.6	12.3	--	--	--	--	--	--	--	--
55	18.3	15.2	14.9	13.1	12.8	12.5	11.7	12.6	--	--	--	--	--	--	--	--
50	18.5	15.6	14.9	13.3	13.0	12.7	11.8	13.1	--	--	--	--	--	--	--	--
45	19.1	16.7	15.1	13.5	13.1	12.9	11.9	13.2	--	--	--	--	--	--	--	--
40	19.6	17.8	15.2	13.6	14.0	13.2	11.9	13.5	--	--	--	--	--	--	--	--
35	20.2	18.7	15.6	14.5	14.2	13.5	11.9	13.8	--	--	--	--	--	--	--	--
30	20.6	19.0	16.1	14.9	14.7	13.9	12.2	14.0	--	--	--	--	--	--	--	--
25	20.9	19.1	16.4	15.5	15.6	14.2	12.7	14.2	--	--	--	--	--	--	--	--
20	21.3	20.5	16.7	16.6	16.7	14.9	13.4	15.3	--	--	--	--	--	--	--	--
15	21.5	21.5	18.8	16.6	17.4	15.2	15.2	16.9	--	--	--	--	--	--	--	--
10	21.5	21.6	22.2	18.3	20.7	17.1	19.6	20.2	--	--	--	--	--	--	--	--
5	21.5	21.6	25.4	20.0	23.1	18.1	24.6	25.0	--	--	--	--	--	--	--	--
0	21.5	21.0	25.4	20.0	23.5	18.1	24.6	26.7	--	--	--	--	--	--	--	--
N	5	11	15	14	20	22	18	23	4	2	1	2	1	2	0	0

MILDLY MENTALLY HANDICAPPED

STANDING LONG JUMP -- MALE GROUP 1

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	37	50	48	65	69	78	75	80	78	--	--	--	--	--	--	--
95	37	50	48	65	67	74	74	79	78	--	--	--	--	--	--	--
90	37	50	47	62	63	63	71	74	78	--	--	--	--	--	--	--
85	37	49	47	59	58	66	69	71	76	--	--	--	--	--	--	--
80	37	46	46	57	57	60	66	70	77	--	--	--	--	--	--	--
75	37	45	45	56	54	60	66	69	77	--	--	--	--	--	--	--
70	36	44	43	53	53	58	62	69	76	--	--	--	--	--	--	--
65	34	43	42	52	52	55	61	68	74	--	--	--	--	--	--	--
60	31	42	40	51	51	54	60	64	73	--	--	--	--	--	--	--
55	29	40	39	50	48	52	60	57	72	--	--	--	--	--	--	--
50	27	37	39	50	46	51	57	51	72	--	--	--	--	--	--	--
45	24	37	37	49	47	50	55	46	72	--	--	--	--	--	--	--
40	22	35	36	49	46	49	53	45	72	--	--	--	--	--	--	--
35	19	31	36	48	44	46	52	45	72	--	--	--	--	--	--	--
30	17	26	35	43	43	45	52	40	72	--	--	--	--	--	--	--
25	17	24	33	38	41	43	49	39	69	--	--	--	--	--	--	--
20	13	22	32	36	39	43	49	35	65	--	--	--	--	--	--	--
15	8	20	27	33	34	40	48	27	62	--	--	--	--	--	--	--
10	3	18	21	26	32	39	40	22	61	--	--	--	--	--	--	--
5	3	17	17	20	31	37	30	11	61	--	--	--	--	--	--	--
0	3	17	17	20	30	35	29	10	61	--	--	--	--	--	--	--
N	8	13	15	14	34	29	23	20	6	3	2	2	1	2	0	0

MILDLY MENTALLY HANDICAPPED

50 YARDS DASH -- MALE GROUP 1

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	10.2	10.1	9.1	8.0	7.4	7.2	7.0	6.4	6.9	--	--	--	--	--	--	--
95	10.2	10.1	9.1	8.0	7.8	7.5	7.0	6.6	6.9	--	--	--	--	--	--	--
90	10.2	10.1	9.2	8.2	8.4	7.8	7.3	6.8	6.9	--	--	--	--	--	--	--
85	10.4	10.2	9.4	8.4	9.0	8.4	7.4	7.3	6.9	--	--	--	--	--	--	--
80	10.7	10.7	9.7	8.6	9.0	8.5	7.5	7.5	7.0	--	--	--	--	--	--	--
75	11.0	11.0	10.6	8.7	9.0	8.5	7.9	7.5	7.0	--	--	--	--	--	--	--
70	11.1	11.1	10.9	8.8	9.2	8.9	8.0	7.6	7.1	--	--	--	--	--	--	--
65	11.2	11.2	11.0	9.2	9.7	9.1	8.1	7.9	7.2	--	--	--	--	--	--	--
60	11.5	11.4	11.0	9.8	9.8	9.3	8.3	8.1	7.4	--	--	--	--	--	--	--
55	12.0	12.0	11.0	9.8	9.8	9.5	8.7	8.4	7.7	--	--	--	--	--	--	--
50	12.5	12.2	11.1	9.9	9.9	9.5	8.8	8.7	8.0	--	--	--	--	--	--	--
45	13.2	12.4	11.2	10.0	10.1	9.5	8.9	9.0	8.1	--	--	--	--	--	--	--
40	13.9	12.4	11.4	10.2	10.1	9.7	9.0	9.4	8.2	--	--	--	--	--	--	--
35	14.4	13.0	11.7	10.3	10.3	9.9	9.1	9.8	8.2	--	--	--	--	--	--	--
30	14.7	13.9	12.3	11.0	10.5	10.0	9.2	10.1	8.2	--	--	--	--	--	--	--
25	15.1	14.9	13.0	12.2	10.6	10.2	9.3	10.4	8.2	--	--	--	--	--	--	--
20	16.1	15.6	14.4	13.9	11.5	10.5	10.1	11.8	8.5	--	--	--	--	--	--	--
15	17.0	16.2	16.1	14.9	12.3	11.0	11.0	12.3	8.8	--	--	--	--	--	--	--
10	17.5	18.0	18.1	15.4	12.9	11.8	11.7	12.8	8.9	--	--	--	--	--	--	--
5	17.5	18.8	19.5	15.5	15.6	12.6	15.5	17.7	8.9	--	--	--	--	--	--	--
0	17.5	18.8	19.5	15.5	18.0	13.1	16.1	21.5	8.9	--	--	--	--	--	--	--
N	7	12	15	14	31	29	22	29	7	2	1	2	2	2	0	0

MILDLY MENTALLY HANDICAPPED

SOFTBALL THROW -- MALE GROUP 1

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	45	54	72	77	101	106	141	145	127	--	--	--	--	--	--	--
95	45	54	72	77	97	104	135	143	127	--	--	--	--	--	--	--
90	45	49	58	72	90	93	121	131	127	--	--	--	--	--	--	--
85	44	45	46	54	77	91	112	120	127	--	--	--	--	--	--	--
80	42	35	44	61	68	89	112	111	124	--	--	--	--	--	--	--
75	37	32	43	59	64	85	104	105	122	--	--	--	--	--	--	--
70	23	31	43	57	61	84	98	93	117	--	--	--	--	--	--	--
65	23	31	39	57	55	81	97	90	106	--	--	--	--	--	--	--
60	23	30	36	56	52	79	93	91	96	--	--	--	--	--	--	--
55	23	29	35	56	51	70	82	87	88	--	--	--	--	--	--	--
50	23	29	33	55	48	64	73	80	82	--	--	--	--	--	--	--
45	22	28	33	55	46	52	68	71	76	--	--	--	--	--	--	--
40	20	27	31	49	42	46	57	65	74	--	--	--	--	--	--	--
35	19	27	29	37	37	42	52	56	73	--	--	--	--	--	--	--
30	18	26	24	34	36	40	52	51	73	--	--	--	--	--	--	--
25	17	23	20	31	34	36	50	46	70	--	--	--	--	--	--	--
20	16	19	16	29	31	30	48	32	66	--	--	--	--	--	--	--
15	12	15	13	28	22	33	45	27	62	--	--	--	--	--	--	--
10	10	13	12	24	19	31	39	22	61	--	--	--	--	--	--	--
5	10	11	11	22	11	23	23	14	61	--	--	--	--	--	--	--
0	10	11	11	22	10	19	21	11	61	--	--	--	--	--	--	--
								..0	42							
N	6	13	15	13	33	25	22	25	6	3	2	0	0	0	0	0

MILDLY MENTALLY HANDICAPPED

300 YARDS RUN-WALK -- MALE GROUP 1

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	83	81	77	67	64	61	56	50	52	--	--	--	--	--	--	--
95	83	81	77	67	66	61	56	51	52	--	--	--	--	--	--	--
90	83	81	77	67	72	66	58	53	52	--	--	--	--	--	--	--
85	84	86	77	68	74	71	61	56	53	--	--	--	--	--	--	--
80	86	91	78	69	78	73	66	63	55	--	--	--	--	--	--	--
75	88	104	79	71	82	75	67	65	57	--	--	--	--	--	--	--
70	90	116	81	72	85	75	68	66	59	--	--	--	--	--	--	--
65	91	116	83	74	85	76	70	72	81	--	--	--	--	--	--	--
60	97	116	87	77	92	78	71	75	87	--	--	--	--	--	--	--
55	107	129	92	79	96	80	75	80	88	--	--	--	--	--	--	--
50	117	141	92	80	102	84	81	87	88	--	--	--	--	--	--	--
45	118	144	93	98	106	85	101	88	102	--	--	--	--	--	--	--
40	119	146	100	110	110	94	112	90	117	--	--	--	--	--	--	--
35	122	147	105	126	113	102	119	92	139	--	--	--	--	--	--	--
30	127	148	107	135	115	106	144	100	166	--	--	--	--	--	--	--
25	132	152	113	139	120	118	157	104	197	--	--	--	--	--	--	--
20	186	156	123	143	125	129	184	117	334	--	--	--	--	--	--	--
15	239	172	146	155	135	143	259	134	471	--	--	--	--	--	--	--
10	266	187	176	167	160	236	313	151	540	--	--	--	--	--	--	--
5	266	187	181	167	194	365	341	322	540	--	--	--	--	--	--	--
0	266	187	181	167	198	365	341	377	540	--	--	--	--	--	--	--
N	7	9	10	9	24	15	13	24	7	3	2	2	2	2	0	0

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PERCENTILE SCORING TABLES

MODERATELY MENTALLY HANDICAPPED

MODERATELY MENTALLY HANDICAPPED

FLEXED ARM HANG -- FEMALE GROUP 2

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	--	3.5	11.9	25.0	15.4	9.0	14.0	9.0	16.5	4.0	5.0	8.0	1.0	6.3	2.4
95	--	--	3.5	11.9	25.0	15.4	9.0	12.8	9.0	16.5	4.0	5.0	7.9	1.0	6.3	2.4
90	--	--	3.5	11.9	22.7	11.1	5.2	7.0	4.0	14.8	3.3	2.6	6.0	1.0	6.3	2.4
85	--	--	3.3	11.9	10.2	4.4	1.2	4.9	2.3	10.4	3.2	1.9	2.2	0.7	6.2	2.4
80	--	--	2.1	10.5	2.2	2.5	0.3	1.6	1.6	2.5	2.9	1.0	0.9	0.4	6.1	2.0
75	--	--	0.9	8.3	2.2	1.8	0.1	0.9	1.2	1.0	2.7	0.8	0.5	0.3	5.8	1.4
70	--	--	0.0	0.2	2.1	1.2	0.0	0.3	1.0	0.2	1.0	0.4	0.1	0.3	5.6	0.9
65	--	--	--	4.3	2.0	0.2	--	0.6	0.9	0.0	0.4	0.1	0.1	0.3	4.6	0.5
60	--	--	--	2.9	1.6	0.0	--	0.5	0.8	--	0.0	0.0	0.0	0.3	2.2	0.5
55	--	--	--	1.4	1.0	--	--	0.1	0.3	--	--	--	--	0.2	0.0	0.5
50	--	--	--	0.0	0.7	--	--	0.0	0.0	--	--	--	--	0.2	--	0.5
45	--	--	--	--	0.4	--	--	--	--	--	--	--	--	0.1	--	0.3
40	--	--	--	--	0.2	--	--	--	--	--	--	--	--	0.0	--	0.2
35	--	--	--	--	0.0	--	--	--	--	--	--	--	--	--	--	0.0
30	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
25	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
15	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
10	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
N	4	1	6	5	10	13	14	25	16	14	19	14	20	9	8	5

600 45

MODERATELY MENTALLY HANDICAPPED

FLEXED KNEE SITUPS -- FEMALE GROUP 2

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	13	--	17	26	20	31	34	37	37	36	22	46	27	45	32	23
95	13	--	17	26	20	31	34	37	36	36	22	44	27	45	32	23
90	13	--	17	26	20	30	31	30	28	28	18	28	25	37	32	23
85	13	--	15	26	18	24	29	23	22	25	17	20	22	24	31	23
80	11	--	11	26	17	20	29	20	21	21	17	19	21	24	28	22
75	9	--	9	25	15	19	26	19	20	19	16	18	19	17	26	22
70	7	--	7	24	11	17	17	15	16	17	16	17	17	10	22	21
65	7	--	6	23	7	16	9	14	12	13	15	17	17	10	20	20
60	6	--	5	21	2	14	7	13	11	11	13	15	16	9	19	18
55	6	--	4	18	0	12	5	11	10	10	12	13	16	9	19	14
50	6	--	3	16	--	11	4	10	8	9	10	12	16	8	19	10
45	6	--	1	16	--	10	4	10	7	8	8	10	15	8	17	9
40	5	--	1	15	--	10	2	8	1	7	7	10	15	6	15	8
35	3	--	0	15	--	8	0	6	0	2	5	10	13	4	13	8
30	1	--	--	12	--	6	--	5	--	0	4	5	12	4	11	7
25	0	--	--	8	--	3	--	4	--	--	1	0	8	3	9	6
20	--	--	--	3	--	0	--	3	--	--	0	--	3	2	9	6
15	--	--	--	0	--	--	--	0	--	--	--	--	1	0	5	5
10	--	--	--	--	--	--	--	--	--	--	--	--	0	--	1	5
5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	0	5
0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	5
N	6	3	8	5	11	17	16	25	23	20	20	21	26	13	15	7

MODERATELY MENTALLY HANDICAPPED

SHUTTLE RUN -- FEMALE GROUP 2

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	18.2	--	16.8	--	12.4	12.0	11.5	11.7	11.3	11.5	12.5	11.2	12.2	10.6	11.2	--
95	18.2	--	16.8	--	12.4	12.0	11.5	11.7	11.3	11.5	12.5	11.2	12.2	10.6	11.2	--
90	18.2	--	16.8	--	12.7	12.5	11.9	12.3	11.9	12.4	13.4	11.3	12.5	10.7	11.7	--
85	18.2	--	16.8	--	13.4	13.1	12.5	12.8	12.7	12.6	13.8	11.8	12.7	11.0	12.8	--
80	18.3	--	17.4	--	13.5	13.4	13.1	13.5	13.6	13.2	14.1	13.5	13.0	11.3	13.0	--
75	18.5	--	18.4	--	13.6	13.6	13.3	13.6	14.2	13.6	14.3	14.5	13.2	11.7	13.6	--
70	18.8	--	19.4	--	14.0	13.9	14.7	13.9	14.4	13.7	14.9	15.2	13.4	13.7	14.8	--
65	19.4	--	20.1	--	15.4	14.0	15.4	14.1	14.4	14.2	15.0	16.0	13.8	15.4	15.0	--
60	21.0	--	20.4	--	16.7	14.2	16.9	14.3	14.8	15.5	15.3	16.6	14.6	16.7	15.1	--
55	22.5	--	20.8	--	17.3	14.3	18.8	15.0	15.5	16.3	15.6	17.3	14.8	17.1	15.3	--
50	24.1	--	21.1	--	19.2	15.1	18.9	16.1	18.2	16.3	16.4	18.0	14.8	17.2	15.4	--
45	24.5	--	21.7	--	21.2	15.9	19.7	16.2	19.2	17.5	17.9	19.2	16.6	17.4	15.6	--
40	24.9	--	22.3	--	21.8	16.1	21.1	16.6	20.6	18.9	18.9	20.1	17.0	17.9	15.6	--
35	25.4	--	22.9	--	22.4	16.3	22.9	17.0	22.0	19.0	19.1	21.1	18.4	18.8	15.8	--
30	27.7	--	25.4	--	23.2	16.5	24.8	18.4	22.4	19.4	19.3	23.0	19.0	19.5	16.1	--
25	31.0	--	28.9	--	24.6	17.8	26.6	20.3	22.9	21.8	20.5	24.8	19.0	20.0	16.6	--
20	34.4	--	32.5	--	25.4	19.8	30.9	21.6	23.9	27.4	21.0	27.5	21.0	20.1	16.8	--
15	36.0	--	34.8	--	27.1	23.4	40.4	24.2	24.3	29.7	28.8	32.9	25.5	20.5	17.7	--
10	36.6	--	34.8	--	44.3	30.5	50.2	25.7	27.2	34.0	49.3	42.3	29.7	21.7	28.2	--
5	36.6	--	34.8	--	52.2	39.1	56.6	35.5	67.8	34.4	58.5	48.0	32.0	22.1	33.0	--
0	36.6	--	34.8	--	52.2	39.1	56.6	36.0	77.5	34.4	58.9	48.0	32.0	22.1	33.0	--
N	5	3	5	4	12	16	15	20	23	18	20	13	17	11	12	4

MODERATELY MENTALLY HANDICAPPED

STANDING LONG JUMP -- FEMALE GROUP 2

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	53	--	49	52	49	56	55	61	66	65	62	73	64	70	64	73
95	53	--	43	52	49	56	55	59	63	65	61	73	64	70	64	73
90	53	--	43	52	49	53	54	56	55	63	52	68	61	64	62	73
85	53	--	42	51	46	47	54	53	51	50	45	65	58	56	56	66
80	50	--	39	47	41	46	51	50	47	46	42	59	57	53	50	58
75	48	--	36	43	38	44	44	48	46	44	39	57	54	52	50	53
70	29	--	31	39	36	42	39	45	45	41	38	54	51	50	48	50
65	24	--	26	37	33	40	33	42	44	41	37	52	50	41	47	47
60	22	--	23	35	26	39	27	38	36	39	37	48	50	39	46	44
55	18	--	21	34	20	39	23	36	30	36	36	42	46	37	45	42
50	14	--	19	33	18	39	19	34	27	33	34	39	42	34	43	39
45	3	--	17	31	17	37	17	31	24	30	32	38	42	33	42	36
40	0	--	15	29	16	31	15	28	23	27	30	38	41	31	37	26
35	--	--	14	25	16	29	10	26	19	22	26	33	40	28	33	15
30	--	--	13	22	16	28	6	24	19	20	21	30	38	26	31	10
25	--	--	12	20	15	22	5	23	19	16	19	23	36	25	31	9
20	--	--	7	18	12	14	4	17	15	13	18	18	30	24	25	7
15	--	--	2	16	9	8	2	12	10	10	14	14	23	24	20	5
10	--	--	0	16	3	0	0	9	4	9	8	3	16	23	11	4
5	--	--	--	16	0	--	--	1	0	0	1	0	4	22	0	4
0	--	--	--	16	--	--	--	--	--	--	--	--	3	22	--	4
N	0	3	7	0	12	17	15	27	25	20	22	20	21	13	15	8

MODERATELY MENTALLY HANDICAPPED

50 YARDS DASH -- FEMALE GROUP 2

AGE PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	--	--	9.6	9.3	8.3	7.0	8.2	7.4	8.6	9.2	7.6	8.1	7.6	8.0	8.9
95	--	--	--	9.6	9.3	8.3	7.6	8.3	7.4	8.6	9.2	7.6	8.1	7.6	8.0	8.9
90	--	--	--	9.6	9.5	8.9	8.0	8.5	7.5	8.7	9.4	7.8	8.5	7.6	8.2	8.9
85	--	--	--	9.6	10.0	9.2	8.6	8.9	7.7	8.7	10.0	8.1	8.5	7.9	9.0	9.0
80	--	--	--	9.6	10.3	9.4	8.8	9.4	8.0	8.8	10.0	8.3	8.8	8.2	9.5	9.3
75	--	--	--	9.6	11.0	9.7	9.5	9.8	8.3	9.0	10.2	8.8	9.2	8.9	9.9	9.7
70	--	--	--	9.6	11.3	10.1	10.3	10.1	8.7	9.3	10.5	9.4	9.3	9.6	9.9	10.1
65	--	--	--	9.9	12.6	10.3	10.4	10.6	8.9	9.6	11.1	9.9	9.6	10.1	10.0	10.4
60	--	--	--	10.7	13.5	10.3	11.9	12.0	9.2	9.9	11.2	10.1	9.9	10.6	10.5	10.7
55	--	--	--	11.5	13.5	10.5	13.3	12.6	10.9	10.1	12.0	12.0	10.4	11.6	11.1	10.9
50	--	--	--	12.3	13.5	10.7	14.2	12.7	11.3	10.6	12.9	12.8	10.9	12.5	11.8	11.0
45	--	--	--	12.8	14.0	11.1	15.0	13.1	11.5	11.9	13.7	13.1	11.2	13.6	11.9	11.2
40	--	--	--	13.4	13.8	11.3	15.4	13.4	11.7	12.5	13.8	13.5	11.3	14.6	12.3	11.4
35	--	--	--	13.9	16.5	11.8	15.6	13.6	12.6	12.8	14.5	13.7	12.0	14.8	13.3	11.8
30	--	--	--	14.3	16.7	12.1	16.1	13.9	13.6	14.2	14.9	13.9	13.4	15.0	13.8	12.1
25	--	--	--	14.5	17.3	12.3	16.3	14.8	14.1	19.3	15.1	14.3	14.8	16.6	14.0	13.9
20	--	--	--	14.8	17.8	12.5	16.7	15.3	15.6	20.1	15.9	15.0	16.5	18.3	14.8	16.3
15	--	--	--	15.0	18.6	13.4	17.4	16.4	16.3	23.7	16.2	16.0	17.3	18.7	18.3	18.7
10	--	--	--	15.0	23.7	16.2	21.7	20.6	20.0	26.2	18.7	25.6	20.1	19.1	27.0	19.0
5	--	--	--	15.0	26.0	19.0	24.5	24.8	21.7	26.7	28.2	34.9	25.7	19.1	29.9	19.0
0	--	--	--	15.0	26.0	19.0	24.5	25.0	21.9	26.7	28.2	34.9	25.7	19.1	29.9	19.0
N	4	3	3	5	12	17	13	25	21	15	19	14	18	9	11	6

MODERATELY MENTALLY HANDICAPPED

SOFTBALL THROW -- FEMALE GROUP 2

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	--	24	--	38	49	64	85	84	71	75	85	70	90	90	68
95	--	--	24	--	38	49	64	79	80	71	75	85	70	90	90	68
90	--	--	24	--	37	44	56	55	57	62	67	73	68	88	82	68
85	--	--	24	--	34	42	44	43	49	56	52	66	65	83	70	68
80	--	--	22	--	33	40	37	42	47	55	50	59	60	85	55	66
75	--	--	20	--	32	38	34	36	45	53	43	55	52	50	51	68
70	--	--	17	--	29	33	31	32	39	51	39	53	50	40	48	58
65	--	--	15	--	26	30	26	29	37	43	36	50	46	36	44	49
60	--	--	13	--	25	27	23	27	31	39	36	47	43	33	40	43
55	--	--	12	--	23	26	21	25	24	35	33	43	43	31	38	41
50	--	--	12	--	22	25	20	25	22	30	31	40	40	27	38	39
45	--	--	12	--	21	25	18	24	20	18	30	34	40	22	36	39
40	--	--	12	--	21	23	17	23	19	17	28	33	37	20	30	39
35	--	--	11	--	20	22	17	21	19	16	28	32	36	19	29	37
30	--	--	10	--	18	20	15	17	18	15	25	31	34	19	28	34
25	--	--	9	--	15	19	12	16	18	15	21	31	33	18	27	31
20	--	--	8	--	12	11	9	17	16	15	19	27	32	17	23	27
15	--	--	7	--	9	5	9	13	15	13	19	21	24	14	22	22
10	--	--	7	--	7	4	6	10	14	12	16	16	13	4	13	20
5	--	--	7	--	6	3	4	6	2	12	13	16	12	0	15	20
0	--	--	7	--	6	--	4	6	--	12	13	16	12	--	15	20
N	4	4	6	4	11	19	13	24	22	15	18	17	23	12	14	7

MODERATELY MENTALLY HANDICAPPED

300 YARDS RUN-WALK -- FEMALE GROUP 2

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	--	C	--	0	82	56	61	0	0	55	C	45	C	77	59
95	--	--	--	--	--	82	56	61	9	--	55	--	47	--	77	59
90	--	--	--	--	--	83	58	70	60	--	69	--	60	--	77	59
85	--	--	--	--	--	86	64	73	63	--	83	--	62	--	78	70
80	--	--	--	--	--	91	73	80	70	--	87	--	67	--	79	91
75	--	--	--	--	--	96	81	87	91	--	91	--	70	--	80	112
70	--	--	--	--	--	100	87	86	96	--	98	--	72	--	80	120
65	--	--	--	--	--	100	90	92	99	--	103	--	78	--	81	127
60	--	--	--	--	--	100	94	102	104	--	106	--	83	--	84	133
55	--	--	--	--	--	101	102	109	110	--	114	--	88	--	89	136
50	--	--	--	--	--	103	121	115	121	--	122	--	94	--	90	140
45	--	--	--	--	--	104	140	116	122	--	134	--	98	--	90	141
40	--	--	--	--	--	105	149	121	123	--	138	--	105	--	95	142
35	--	--	--	--	--	108	156	126	127	--	143	--	110	--	112	150
30	--	--	--	--	--	121	162	132	139	--	147	--	121	--	164	165
25	--	--	--	--	--	122	168	135	148	--	154	--	131	--	194	180
20	--	--	--	--	--	126	189	141	157	--	160	--	147	--	198	190
15	--	--	--	--	--	154	222	149	173	--	170	--	157	--	207	200
10	--	--	--	--	--	190	287	224	189	--	218	--	172	--	217	205
5	--	--	--	--	--	201	317	924	448	--	339	--	229	--	219	205
0	--	--	--	--	--	201	317	960	493	--	339	--	235	--	219	205
N	2	3	7	4	11	16	12	20	22	13	17	15	21	10	10	7

CCC 51

MODERATELY MENTALLY HANDICAPPED

FLEXED ARM HANG -- MALE GROUP 2

	AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
	PCTILE																
	100	0.4	20.6	3.0	2.6	18.0	45.2	48.5	13.3	34.0	12.0	23.7	32.3	20.5	13.9	52.7	25.0
	95	0.4	20.6	3.0	2.6	18.0	44.3	43.5	11.1	31.0	12.0	22.8	32.3	20.5	13.9	52.7	25.0
	90	0.4	20.6	1.2	1.5	9.0	29.9	18.7	8.0	17.6	10.0	15.7	27.9	17.4	12.0	14.3	9.3
	85	0.4	15.7	1.2	0.7	1.5	7.7	11.6	5.5	10.3	6.0	12.4	18.5	7.9	10.9	6.4	3.6
	80	0.3	9.3	1.1	0.5	1.5	7.0	6.2	4.0	9.8	3.0	7.7	16.7	3.9	10.0	4.9	3.1
	75	0.2	5.6	0.7	0.5	0.7	6.3	2.0	3.0	7.5	1.6	4.9	14.8	2.6	10.0	4.2	3.0
	70	0.1	4.1	0.7	0.5	0.5	3.7	1.7	1.6	3.9	0.6	3.4	11.5	1.6	7.0	4.0	2.2
	65	0.0	2.6	0.2	0.3	0.5	2.6	1.2	0.5	3.6	0.0	2.8	8.3	1.0	6.3	2.0	1.8
	60	--	1.8	0.0	0.1	0.0	2.2	0.7	0.4	2.4	--	2.0	5.6	0.8	5.7	0.9	1.8
	55	--	0.9	--	0.0	--	1.5	0.0	0.3	2.0	--	1.5	4.1	0.6	4.2	0.6	1.5
	50	--	0.5	--	--	--	0.9	--	0.3	1.6	--	0.7	3.8	0.2	2.8	0.4	1.5
6T	45	--	0.0	--	--	--	0.3	--	0.1	0.8	--	0.3	3.4	0.1	2.3	0.3	1.0
	40	--	--	--	--	--	0.2	--	0.0	0.0	--	0.3	1.5	0.0	1.7	0.1	0.7
	35	--	--	--	--	--	0.0	--	--	--	--	0.0	0.5	--	1.4	0.0	0.2
	30	--	--	--	--	--	--	--	--	--	--	--	0.0	--	0.2	--	0.2
	25	--	--	--	--	--	--	--	--	--	--	--	--	--	0.0	--	0.0
	20	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	15	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	10	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	N	5	8	19	16	19	22	26	28	37	19	26	12	11	19	18	19

MODERATELY MENTALLY HANDICAPPED

FLEXED KNEE SITUPS -- MALE GROUP 2

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	5	25	21	30	24	33	40	33	54	35	37	46	32	36	32	35
95	5	25	20	28	24	33	36	32	31	35	36	44	32	35	31	35
90	5	25	13	21	21	29	29	32	29	30	31	36	28	31	29	33
85	5	19	11	20	19	23	24	31	27	25	29	34	28	31	28	32
80	4	14	9	18	17	20	22	26	24	24	28	30	27	29	25	29
75	3	13	9	14	15	19	19	25	23	21	26	23	26	27	23	26
70	2	12	8	13	14	19	17	24	21	21	22	23	25	24	22	23
65	1	9	6	11	11	18	16	23	21	19	20	22	22	22	21	22
60	0	6	5	9	10	15	13	21	20	18	20	21	20	19	20	20
55	--	5	4	8	8	15	11	19	20	16	19	20	19	17	19	18
50	--	5	4	7	7	12	10	16	18	15	18	20	18	16	18	17
45	--	5	3	5	6	10	9	12	15	14	17	18	16	15	16	15
40	--	5	3	4	5	10	6	11	14	13	17	18	13	14	15	14
35	--	4	2	3	3	7	3	10	11	10	15	16	10	13	12	13
30	--	3	1	1	3	6	0	8	10	5	14	16	9	13	10	9
25	--	3	0	0	0	5	--	7	7	5	13	16	7	12	10	5
20	--	3	--	--	--	3	--	6	6	3	12	12	5	9	8	4
15	--	1	--	--	--	0	--	4	2	1	10	8	4	7	7	1
10	--	0	--	--	--	--	--	0	0	0	5	4	1	4	3	0
5	--	--	--	--	--	--	--	--	--	--	0	1	0	0	1	--
0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
N	6	5	21	24	22	28	36	30	44	24	35	23	18	28	24	20

MODERATELY MENTALLY HANDICAPPED

SHUTTLE RUN -- MALE GROUP 2

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	17.8	13.9	13.3	11.2	11.3	11.3	10.8	10.6	11.8	11.0	10.8	10.1	10.4	11.7	10.4
95	--	17.8	13.9	13.3	11.2	11.3	11.5	11.2	10.9	11.8	11.0	10.8	10.1	10.4	11.7	10.4
90	--	17.8	13.9	13.5	11.2	11.8	12.0	12.5	11.2	11.8	11.2	11.0	10.4	11.2	11.8	10.4
85	--	17.8	15.5	13.8	12.7	12.0	12.4	12.7	12.5	12.4	12.0	11.2	11.0	11.5	12.1	11.0
80	--	18.1	17.0	14.7	14.3	12.1	12.7	12.8	12.9	13.3	12.3	11.3	11.9	11.5	12.1	11.6
75	--	18.4	17.9	15.0	15.0	12.6	13.2	13.4	13.0	13.8	12.6	11.6	12.7	11.7	12.2	11.8
70	--	18.9	18.8	15.3	15.2	13.1	14.0	13.4	13.1	14.7	13.4	12.1	13.2	11.8	12.4	12.1
65	--	19.8	19.0	15.6	15.8	13.9	14.6	14.5	13.4	15.0	13.5	12.3	13.3	12.5	12.9	12.4
60	--	20.7	19.3	15.9	16.5	14.2	14.9	15.8	13.8	15.4	13.7	12.9	13.4	13.5	13.6	12.8
55	--	21.3	19.9	17.3	17.1	14.5	15.4	16.0	14.7	16.3	14.2	13.2	13.5	14.3	14.4	13.6
50	--	21.8	20.6	20.1	17.3	14.9	15.8	16.4	14.8	16.7	16.1	13.9	13.6	14.5	14.9	14.4
45	--	21.9	22.3	20.4	17.3	15.8	16.3	16.5	15.0	17.1	16.4	14.7	13.9	14.8	15.3	14.8
40	--	23.4	24.1	21.2	17.8	16.4	17.0	16.8	15.1	18.2	16.7	15.4	14.0	15.1	15.5	15.3
35	--	25.9	27.5	22.3	18.0	16.9	17.6	16.9	15.8	19.3	18.2	16.3	14.1	15.2	15.8	15.4
30	--	28.3	31.0	22.4	27.4	17.2	19.0	17.0	16.5	20.2	18.4	16.1	14.7	15.3	16.2	15.5
25	--	29.5	35.2	22.9	34.2	18.9	20.2	17.1	17.4	24.4	18.6	18.4	15.0	15.9	17.5	16.8
20	--	30.3	39.4	26.1	37.3	19.9	21.6	17.4	19.8	25.9	19.2	18.8	15.5	17.9	19.3	18.0
15	--	31.0	43.5	35.6	43.1	26.0	25.6	17.7	22.2	27.5	21.6	19.9	16.7	20.4	21.2	19.2
10	--	31.1	47.6	37.6	48.0	27.9	27.6	18.3	24.8	30.5	24.0	21.3	17.0	22.8	21.5	20.4
5	--	31.	47.6	38.0	48.1	38.4	41.7	37.1	35.9	32.4	27.8	22.0	17.0	54.4	21.6	20.4
0	--	31.1	47.6	38.0	48.1	39.0	60.0	43.3	41.8	32.5	30.1	22.0	17.0	56.0	21.6	20.4
N	4	6	9	15	17	20	31	24	29	20	27	16	13	20	12	9

MODERATELY MENTALLY HANDICAPPED

STANDING LONG JUMP -- MALE GROUP 2

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	30	39	46	56	57	66	70	73	74	76	79	79	68	80	79	77
95	30	39	45	54	57	65	69	71	70	75	76	79	68	80	77	77
90	30	39	39	44	50	61	63	65	61	71	69	76	68	74	72	72
85	30	38	37	41	48	58	59	61	61	66	59	72	65	68	70	69
80	29	37	36	36	45	54	56	60	60	65	63	72	62	66	68	68
75	29	36	36	34	43	52	52	54	57	62	52	70	60	65	63	62
70	28	35	34	34	41	48	49	51	50	56	50	69	60	62	57	58
65	26	31	32	33	41	46	44	48	54	54	47	67	59	60	56	58
60	21	28	30	33	40	45	40	47	52	49	44	64	58	56	54	52
55	17	21	28	31	36	44	38	46	51	42	42	61	55	54	52	45
50	13	15	24	28	32	42	37	45	48	40	42	56	50	53	49	40
45	9	13	22	28	31	40	33	43	42	37	39	54	48	51	47	39
40	5	12	21	27	25	37	30	40	41	36	36	46	47	50	45	37
35	1	12	20	26	17	33	26	33	38	31	30	39	46	42	37	34
30	0	12	20	24	14	31	24	31	36	24	33	35	45	39	36	34
25	--	12	16	21	12	23	24	30	26	17	29	25	44	37	35	29
20	--	11	12	16	4	20	17	28	24	11	26	16	40	29	34	20
15	--	5	11	7	2	20	15	20	21	11	22	14	39	25	31	16
10	--	0	2	2	0	11	14	16	18	8	17	12	26	21	25	12
5	--	--	0	0	--	3	8	6	9	2	9	12	25	15	20	0
0	--	--	--	--	--	--	4	2	3	--	--	12	25	14	19	--
N	5	9	21	23	20	25	36	31	44	25	34	20	19	27	25	19

MODERATELY MENTALLY HANDICAPPED

50 YARDS DASH -- MALE GROUP 2

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	13.8	9.5	10.1	9.5	8.6	7.7	7.8	7.1	6.9	7.6	6.4	6.6	8.0	7.0	6.4	7.0
95	13.8	9.5	10.1	9.5	8.6	7.8	7.8	7.4	7.2	7.6	6.5	6.6	8.0	7.0	6.4	7.0
90	13.8	9.5	10.2	9.9	9.1	8.2	8.6	8.0	7.7	7.9	7.3	6.9	8.2	7.1	7.4	7.0
85	13.8	9.9	10.7	11.0	10.2	8.4	9.0	8.3	8.4	8.0	7.8	6.9	8.4	7.3	8.4	8.3
80	14.2	10.6	11.0	11.4	11.0	9.1	9.4	8.6	8.4	8.3	8.2	7.5	8.5	7.4	8.6	9.5
75	14.9	11.4	11.1	11.5	12.3	9.3	9.5	9.2	8.6	8.5	8.8	7.6	8.6	7.5	8.6	9.5
70	15.6	12.0	11.6	11.7	12.7	9.5	9.5	9.2	9.0	8.8	9.1	8.2	8.7	7.7	8.6	9.6
65	16.0	12.7	12.3	12.0	13.0	9.6	9.6	9.2	9.2	9.0	9.2	8.2	9.2	8.0	8.7	9.7
60	16.2	13.1	12.6	12.5	13.2	9.6	9.7	9.6	9.4	9.4	9.6	8.3	9.4	8.1	8.9	9.8
55	16.3	13.2	12.8	14.1	13.2	10.2	10.3	10.1	10.1	10.0	10.0	8.3	9.7	8.6	9.1	10.0
50	16.4	13.3	12.9	16.3	13.2	10.5	10.8	10.6	10.2	10.3	10.5	8.7	9.9	8.7	9.4	10.2
45	18.4	13.8	13.2	16.9	13.5	10.8	12.2	10.9	10.4	11.0	10.6	8.8	10.0	8.8	9.5	10.3
40	20.4	14.3	14.2	17.5	14.2	11.0	12.6	11.4	10.5	11.5	11.0	9.8	10.2	8.8	10.0	10.5
35	22.3	14.8	15.5	18.1	14.8	11.4	13.0	11.8	11.2	13.9	11.4	10.5	10.4	9.1	10.5	10.6
30	24.4	15.1	17.8	18.5	16.5	12.4	13.4	12.2	11.5	15.3	12.3	10.7	10.9	9.5	11.2	10.8
25	26.5	15.4	19.1	18.7	18.2	13.6	14.7	13.6	12.5	15.7	12.9	11.5	11.1	10.2	12.8	11.9
20	28.6	16.8	19.4	21.3	24.0	14.7	17.7	14.1	14.1	16.9	13.8	11.6	11.6	10.6	13.9	13.0
15	30.0	18.3	25.6	23.8	25.5	15.3	17.9	14.5	15.0	18.2	14.3	12.5	12.5	11.8	14.1	13.7
10	30.0	19.0	35.2	26.0	25.5	16.2	19.2	18.0	19.0	18.9	15.7	12.8	13.2	13.5	14.4	14.4
5	30.0	19.0	36.9	26.8	30.8	22.3	28.3	32.7	23.4	21.0	17.4	14.9	13.3	17.6	16.0	14.4
0	30.0	19.0	36.9	26.8	30.8	23.0	30.0	35.5	24.0	21.3	17.9	14.9	13.3	18.0	16.0	14.4
N	5	7	10	11	19	21	34	27	39	22	31	19	10	21	18	9

MODERATELY MENTALLY HANDICAPPED

SOFTBALL THROW -- MALE GROUP 2

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	18	23	50	65	51	100	150	146	148	142	162	144	190	190	143	170
95	18	23	50	65	51	97	125	135	131	136	133	143	190	182	138	170
90	18	23	49	60	50	75	103	111	90	108	107	137	118	148	115	126
85	18	22	48	40	45	65	86	95	84	95	95	124	95	133	102	101
80	16	21	42	31	35	56	73	94	76	90	89	104	85	125	94	94
75	14	19	33	29	35	51	65	87	69	72	72	102	78	123	92	92
70	11	19	25	27	35	49	61	79	63	70	67	97	75	114	90	84
65	8	19	22	25	33	47	55	72	61	68	58	94	71	108	88	72
60	7	18	21	24	29	43	46	63	58	57	55	81	68	98	84	67
55	5	17	20	24	25	40	40	58	56	51	49	73	67	92	71	63
50	4	15	20	24	24	40	36	57	50	44	44	61	65	88	52	45
45	3	14	19	23	22	37	31	55	42	37	38	54	62	77	50	45
40	3	13	18	19	22	34	27	51	37	34	36	49	59	68	47	43
35	2	13	18	18	22	27	20	41	33	32	33	45	53	54	46	42
30	2	12	18	17	21	20	18	35	32	30	30	44	50	45	43	40
25	1	12	16	17	16	16	18	33	31	29	30	42	47	28	42	36
20	0	8	11	15	14	14	17	30	29	14	25	38	43	25	40	31
15	--	4	9	12	11	13	13	28	25	10	23	35	39	23	37	27
10	--	2	8	10	9	12	9	24	18	7	21	31	33	22	30	19
5	--	2	6	4	8	7	6	13	12	5	14	30	19	18	26	15
0	--	2	6	4	8	6	--	9	8	5	11	30	19	15	25	15
N	5	7	13	17	15	25	35	26	45	23	33	21	17	28	23	17

MODERATELY MENTALLY HANDICAPPED

300 YARDS RUN-WALK -- MALE GROUP 2

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	123	77	80	72	69	0	55	50	55	44	33	43	37	42	53
95	--	123	77	82	72	71	84	59	57	57	47	33	43	39	43	53
90	--	123	84	70	74	79	74	65	67	69	54	54	54	46	46	57
85	--	124	91	83	78	80	75	69	70	71	72	57	61	50	54	62
80	--	127	98	86	82	82	77	72	73	72	76	44	63	60	64	66
75	--	129	105	93	84	85	83	75	76	75	81	51	66	62	65	70
70	--	130	135	94	86	86	85	76	79	76	83	60	70	66	67	75
65	--	131	136	97	97	89	86	81	85	78	85	66	72	71	67	83
60	--	133	110	103	109	94	92	89	89	81	88	68	73	74	69	84
55	--	136	116	106	116	95	93	92	93	84	91	76	74	74	72	91
50	--	139	122	111	121	100	100	98	96	94	95	85	77	76	75	99
45	--	157	135	114	135	102	105	103	102	104	98	104	81	78	83	102
40	--	175	142	118	146	108	114	106	105	117	99	125	84	84	88	105
35	--	201	151	121	154	124	119	111	113	125	113	127	90	89	91	110
30	--	236	161	126	162	131	124	125	121	127	132	135	98	98	113	115
25	--	270	165	134	175	138	135	138	139	142	139	145	101	104	129	115
20	--	298	181	138	201	157	156	140	152	178	145	146	107	110	133	130
15	--	326	185	161	217	178	197	151	176	203	152	153	116	127	139	146
10	--	340	372	254	242	227	209	507	443	224	158	159	128	140	181	213
5	--	340	653	531	270	314	238	610	524	234	263	248	138	189	208	240
0	--	340	653	545	270	330	273	625	568	235	321	248	138	204	210	240
N	3	7	15	20	15	23	30	23	41	22	30	18	16	24	22	19

SS

PERCENTILE SCORING TABLES

DOWN'S SYNDROME INDIVIDUALS

DOWN'S SYNDROME

FLEXED ARM HANG -- FEMALE GROUP 3

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	--	--	3.0	3.5	--	--	1.0	0.4	--	0.6	--	13.5	3.5	--	--
95	--	--	--	3.0	3.5	--	--	1.0	0.4	--	0.6	--	13.5	3.5	--	--
90	--	--	--	3.0	3.5	--	--	1.0	0.4	--	0.6	--	13.5	3.5	--	--
85	--	--	--	2.8	2.8	--	--	1.0	0.2	--	0.5	--	10.2	3.4	--	--
80	--	--	--	2.6	1.4	--	--	0.9	0.1	--	0.4	--	6.0	2.5	--	--
75	--	--	--	2.3	0.0	--	--	0.6	0.0	--	0.3	--	3.7	1.6	--	--
70	--	--	--	2.0	--	--	--	0.4	--	--	0.2	--	2.4	0.9	--	--
65	--	--	--	1.2	--	--	--	0.3	--	--	0.1	--	2.0	0.5	--	--
60	--	--	--	0.5	--	--	--	0.2	--	--	0.0	--	1.0	0.2	--	--
55	--	--	--	0.5	--	--	--	0.1	--	--	--	--	0.0	0.0	--	--
50	--	--	--	0.5	--	--	--	0.0	--	--	--	--	--	--	--	--
45	--	--	--	0.4	--	--	--	--	--	--	--	--	--	--	--	--
40	--	--	--	0.3	--	--	--	--	--	--	--	--	--	--	--	--
35	--	--	--	0.1	--	--	--	--	--	--	--	--	--	--	--	--
30	--	--	--	0.0	--	--	--	--	--	--	--	--	--	--	--	--
25	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
20	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
15	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
10	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
N	2	1	4	9	7	3	4	5	10	2	7	3	8	6	3	4

OUT 69

DOWN'S SYNDROME

FLEXED KNEE SITUPS -- FEMALE GROUP 3

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	--	10	26	12	10	--	23	20	--	29	28	23	21	22	36
95	--	--	10	26	12	10	--	23	20	--	29	28	23	21	22	36
90	--	--	10	24	12	10	--	23	19	--	27	28	22	21	22	36
85	--	--	10	20	11	10	--	21	16	--	22	28	20	20	22	36
80	--	--	10	18	11	9	--	20	15	--	20	28	19	20	22	32
75	--	--	10	17	11	9	--	20	14	--	19	28	19	20	22	26
70	--	--	9	13	11	8	--	20	10	--	18	27	19	19	21	20
65	--	--	8	9	10	7	--	19	7	--	17	26	18	18	20	15
60	--	--	6	8	10	5	--	19	2	--	14	24	18	17	20	12
55	--	--	4	7	6	4	--	18	1	--	11	23	17	15	19	10
50	--	--	2	6	2	3	--	18	0	--	9	23	17	13	18	7
45	--	--	1	6	1	2	--	13	--	--	7	22	15	13	16	5
40	--	--	1	6	1	1	--	8	--	--	5	19	12	13	15	3
35	--	--	0	4	0	0	--	4	--	--	4	13	11	11	14	2
30	--	--	--	2	--	--	--	0	--	--	2	7	9	9	13	1
25	--	--	--	0	--	--	--	--	--	--	0	4	6	7	13	1
20	--	--	--	--	--	--	--	--	--	--	--	2	2	5	11	0
15	--	--	--	--	--	--	--	--	--	--	--	0	0	2	10	--
10	--	--	--	--	--	--	--	--	--	--	--	--	--	0	9	--
5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	9	--
0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	9	--
N	3	1	5	11	9	5	4	9	11	2	11	6	12	9	7	5

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DOWN'S SYNDROME

SHUTTLE RUN -- FEMALE GROUP 3

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	--	--	12.7	15.8	--	--	12.9	15.0	--	13.3	12.6	13.4	--	13.5	--
95	--	--	--	12.7	15.8	--	--	12.9	15.0	--	13.3	12.6	13.4	--	13.5	--
90	--	--	--	12.7	15.8	--	--	12.9	15.1	--	13.3	12.6	13.4	--	13.5	--
85	--	--	--	12.7	16.3	--	--	13.1	15.4	--	14.0	12.6	13.5	--	13.5	--
80	--	--	--	13.4	17.3	--	--	13.6	15.5	--	15.0	13.0	13.7	--	13.8	--
75	--	--	--	14.4	18.3	--	--	14.0	15.6	--	15.7	13.7	14.1	--	14.1	--
70	--	--	--	15.5	19.4	--	--	14.6	16.6	--	16.4	14.4	14.5	--	14.5	--
65	--	--	--	16.3	20.5	--	--	15.1	17.3	--	16.8	14.9	15.1	--	14.8	--
60	--	--	--	16.7	21.9	--	--	15.7	17.4	--	16.9	15.1	15.6	--	14.8	--
55	--	--	--	17.1	23.8	--	--	16.2	17.7	--	17.0	15.3	16.0	--	14.9	--
50	--	--	--	17.5	25.7	--	--	16.7	18.0	--	17.4	15.5	16.5	--	14.9	--
45	--	--	--	18.0	26.6	--	--	16.8	18.0	--	17.8	15.6	16.8	--	15.6	--
40	--	--	--	18.5	27.5	--	--	16.9	18.3	--	18.7	15.7	17.0	--	16.3	--
35	--	--	--	19.0	28.7	--	--	17.4	19.1	--	19.8	15.9	17.0	--	17.1	--
30	--	--	--	19.4	30.2	--	--	18.3	20.7	--	20.2	15.9	17.0	--	18.3	--
25	--	--	--	19.7	31.6	--	--	19.1	22.7	--	20.2	15.9	23.1	--	19.8	--
20	--	--	--	20.0	32.6	--	--	20.4	24.7	--	21.3	15.9	29.3	--	21.3	--
15	--	--	--	20.2	33.5	--	--	21.7	29.2	--	23.5	15.9	38.3	--	22.3	--
10	--	--	--	20.2	34.0	--	--	22.3	38.6	--	25.2	15.9	47.3	--	22.3	--
5	--	--	--	20.2	34.0	--	--	22.3	41.7	--	25.2	15.9	47.3	--	22.3	--
0	--	--	--	20.2	34.0	--	--	22.3	41.7	--	25.2	15.9	47.3	--	22.3	--
N	2	1	4	5	7	4	4	7	11	2	8	5	9	4	5	4

DOWN'S SYNDROME

STANDING LONG JUMP -- FEMALE GROUP 3

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	--	43	45	34	29	--	56	47	--	70	48	63	60	46	60
95	--	--	43	45	34	29	--	56	47	--	70	48	63	60	46	60
90	--	--	43	45	34	29	--	56	47	--	63	48	61	60	46	60
85	--	--	43	42	33	29	--	55	44	--	49	48	57	55	45	60
80	--	--	40	40	32	28	--	53	42	--	47	44	52	51	44	54
75	--	--	35	36	32	28	--	52	39	--	46	41	47	50	43	45
70	--	--	30	34	32	27	--	48	36	--	42	39	40	49	43	36
65	--	--	27	33	32	25	--	43	34	--	39	39	36	48	42	29
60	--	--	26	32	32	24	--	37	30	--	37	38	35	48	42	28
55	--	--	25	31	31	22	--	31	26	--	36	38	34	43	42	26
50	--	--	24	30	30	21	--	30	26	--	36	37	32	38	42	24
45	--	--	22	29	28	20	--	30	26	--	36	36	32	36	41	22
40	--	--	19	27	27	20	--	29	24	--	34	36	32	35	40	20
35	--	--	17	25	24	19	--	28	21	--	32	35	30	34	35	19
30	--	--	13	21	21	18	--	27	18	--	28	34	28	33	28	17
25	--	--	9	19	16	17	--	26	16	--	25	33	26	30	21	16
20	--	--	4	18	11	15	--	25	15	--	24	32	18	27	17	14
15	--	--	1	18	9	14	--	18	14	--	24	30	10	13	14	13
10	--	--	1	17	8	14	--	8	12	--	18	30	3	0	12	13
5	--	--	1	17	8	14	--	6	12	--	16	30	0	--	12	13
0	--	--	1	17	8	14	--	6	12	--	16	30	--	--	12	13
N	3	2	5	10	9	5	4	10	10	2	12	6	11	9	7	5

DOWN'S SYNDROME

50 YARDS DASH -- FEMALE GROUP 3

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	--	--	9.8	11.3	11.1	--	9.9	9.1	--	9.5	10.1	9.1	9.8	8.5	--
95	--	--	--	9.8	11.3	11.1	--	9.9	9.1	--	9.5	10.1	9.1	9.8	8.5	--
90	--	--	--	9.8	11.3	11.1	--	9.9	9.4	--	9.5	10.1	9.1	9.8	8.5	--
85	--	--	--	10.1	11.9	11.1	--	10.2	10.1	--	9.5	10.1	9.4	10.0	8.6	--
80	--	--	--	10.5	12.6	11.7	--	10.3	10.3	--	9.6	10.4	9.8	10.5	8.9	--
75	--	--	--	11.0	12.9	12.7	--	10.7	10.5	--	9.8	10.8	10.1	11.0	9.3	--
70	--	--	--	12.7	13.0	13.7	--	10.9	10.9	--	9.9	11.2	10.4	11.4	9.7	--
65	--	--	--	12.9	13.1	14.4	--	11.2	12.5	--	10.1	11.6	10.7	11.8	10.2	--
60	--	--	--	13.1	13.2	14.6	--	11.5	13.7	--	10.4	11.7	11.3	12.2	10.7	--
55	--	--	--	13.2	13.4	15.1	--	12.3	13.7	--	11.1	11.9	11.9	12.7	11.2	--
50	--	--	--	13.3	13.7	15.5	--	13.0	14.2	--	11.9	12.1	12.0	13.1	11.8	--
45	--	--	--	14.4	14.0	17.4	--	13.4	15.1	--	12.1	12.4	12.2	13.5	12.4	--
40	--	--	--	15.4	14.6	19.4	--	13.7	16.6	--	12.4	12.7	12.4	13.8	12.8	--
35	--	--	--	15.7	15.2	21.3	--	14.4	17.0	--	13.2	13.0	12.6	14.3	13.1	--
30	--	--	--	16.0	15.5	22.0	--	15.1	17.4	--	13.8	13.1	13.1	14.8	13.4	--
25	--	--	--	16.0	15.5	23.5	--	15.9	19.3	--	14.4	13.2	13.7	15.4	14.1	--
20	--	--	--	16.0	17.3	24.4	--	16.8	22.6	--	14.9	13.3	14.1	21.6	15.0	--
15	--	--	--	16.3	21.3	25.0	--	16.8	26.7	--	16.0	13.3	14.3	27.7	15.9	--
10	--	--	--	16.5	24.3	25.0	--	16.8	29.9	--	13.3	13.3	14.5	30.8	16.0	--
5	--	--	--	16.5	24.3	25.0	--	16.8	31.3	--	19.0	13.3	14.5	30.8	16.0	--
0	--	--	--	16.5	24.3	25.0	--	16.8	31.3	--	19.0	13.3	14.5	30.8	16.0	--
N	2	0	4	9	8	5	4	9	12	3	11	3	8	7	6	1

DOWN'S SYNDROME

SOFTBALL THROW -- FEMALE GROUP 3

AGE PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	--	23	30	29	21	--	57	55	--	49	48	82	118	54	--
95	--	--	23	30	29	21	--	57	55	--	49	48	82	118	54	--
90	--	--	23	30	29	21	--	57	54	--	49	48	73	118	54	--
85	--	--	23	28	28	21	--	52	51	--	48	48	54	94	52	--
80	--	--	21	24	27	21	--	45	46	--	48	47	52	70	48	--
75	--	--	19	23	25	20	--	41	40	--	48	47	51	66	46	--
70	--	--	17	22	22	19	--	38	38	--	46	46	49	62	45	--
65	--	--	16	22	21	19	--	36	36	--	41	45	45	53	43	--
60	--	--	14	21	20	18	--	35	31	--	40	44	41	45	40	--
55	--	--	13	20	19	18	--	34	27	--	40	43	41	40	37	--
50	--	--	12	18	18	17	--	32	22	--	40	43	37	35	35	--
45	--	--	11	16	16	16	--	29	20	--	40	42	33	35	33	--
40	--	--	10	16	16	15	--	27	18	--	39	41	31	35	33	--
35	--	--	9	15	15	13	--	26	18	--	38	39	30	34	33	--
30	--	--	8	15	14	12	--	24	14	--	36	37	29	34	33	--
25	--	--	8	15	13	10	--	24	8	--	35	34	26	34	32	--
20	--	--	8	13	11	7	--	20	6	--	33	31	22	33	30	--
15	--	--	8	10	8	6	--	15	7	--	27	27	18	31	27	--
10	--	--	8	7	6	6	--	10	5	--	17	27	12	29	24	--
5	--	--	8	7	6	6	--	10	4	--	15	27	10	29	24	--
0	--	--	8	7	6	6	--	10	4	--	15	27	10	29	24	--
N	3	2	6	8	8	5	1	8	11	3	10	6	12	9	8	4

DOWN'S SYNDROME

300 YARDS RUN-WALK -- FEMALE GROUP 3

AGE PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	--	134	82	115	90	--	75	82	--	75	--	0	80	0	--
95	--	--	134	82	115	90	--	75	82	--	75	--	--	80	--	--
90	--	--	134	84	115	90	--	75	84	--	76	--	--	80	--	--
85	--	--	135	92	115	90	--	75	92	--	83	--	--	89	--	--
80	--	--	141	99	117	93	--	77	101	--	97	--	--	100	--	--
75	--	--	148	100	119	103	--	81	110	--	123	--	--	109	--	--
70	--	--	152	102	120	110	--	83	114	--	138	--	--	116	--	--
65	--	--	153	104	120	120	--	90	115	--	143	--	--	121	--	--
60	--	--	154	107	120	123	--	98	120	--	144	--	--	123	--	--
55	--	--	158	110	125	147	--	105	126	--	145	--	--	126	--	--
50	--	--	160	111	135	161	--	114	123	--	151	--	--	131	--	--
45	--	--	173	111	146	164	--	118	129	--	156	--	--	136	--	--
40	--	--	176	113	153	168	--	122	130	--	157	--	--	139	--	--
35	--	--	181	120	156	171	--	126	133	--	159	--	--	141	--	--
30	--	--	184	140	164	176	--	131	139	--	167	--	--	155	--	--
25	--	--	214	153	178	187	--	136	152	--	173	--	--	175	--	--
20	--	--	254	159	197	195	--	141	173	--	176	--	--	196	--	--
15	--	--	294	182	215	201	--	145	453	--	189	--	--	218	--	--
10	--	--	300	214	218	201	--	145	882	--	207	--	--	235	--	--
5	--	--	300	220	218	201	--	145	900	--	210	--	--	235	--	--
0	--	--	300	220	218	201	--	145	900	--	210	--	--	235	--	--
N	2	2	8	10	6	5	3	5	10	3	10	4	9	8	7	2

DOWN'S SYNDROME

FLEXED ARM HANG -- MALE GROUP 3

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	--	--	30.0	2.3	3.6	1.0	30.0	10.3	7.8	29.0	6.1	23.6	--	--	19.2
95	--	--	--	--	2.3	3.6	1.0	30.0	10.3	7.8	29.0	6.1	23.6	--	--	19.2
90	--	--	--	--	2.3	3.6	1.0	30.0	9.0	7.8	22.4	6.1	23.6	--	--	19.2
85	--	--	--	--	1.8	1.8	1.0	20.9	5.1	7.2	12.3	4.9	21.4	--	--	19.1
80	--	--	--	--	1.4	0.0	1.0	9.3	3.3	5.2	10.1	3.8	16.9	--	--	18.2
75	--	--	--	--	1.2	--	1.0	4.1	2.6	2.9	8.8	3.2	12.4	--	--	17.2
70	--	--	--	--	1.0	--	1.0	4.0	2.3	1.3	7.1	2.7	7.6	--	--	15.4
65	--	--	--	--	0.5	--	1.0	4.0	2.0	1.3	4.0	2.3	2.9	--	--	11.4
60	--	--	--	--	0.0	--	0.9	4.0	1.7	1.2	2.0	2.0	0.4	--	--	7.3
55	--	--	--	--	--	--	0.9	3.9	1.4	1.1	0.9	1.0	0.3	--	--	4.5
50	--	--	--	--	--	--	0.8	3.4	1.0	0.8	0.7	0.1	0.1	--	--	3.3
45	--	--	--	--	--	--	0.6	3.0	0.4	0.6	0.6	0.0	0.1	--	--	2.1
40	--	--	--	--	--	--	0.3	1.7	0.0	0.4	0.5	--	0.0	--	--	1.5
35	--	--	--	--	--	--	0.1	0.4	--	0.2	0.4	--	--	--	--	1.3
30	--	--	--	--	--	--	0.0	0.0	--	0.0	0.1	--	--	--	--	1.1
25	--	--	--	--	--	--	--	--	--	--	0.0	--	--	--	--	0.8
20	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	0.4
15	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	0.0
10	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
5	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
0	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
N	1	2	4	8	9	9	5	8	11	8	13	9	7	4	4	6

DOWN'S SYNDROME

FLEXED KNEE SITUPS -- MALE GROUP 3

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	--	14	8	10	16	30	22	22	32	40	37	27	28	20	32
95	--	--	14	8	10	16	30	22	22	32	40	37	27	28	20	32
90	--	--	14	8	10	15	30	22	22	32	33	35	27	28	20	32
85	--	--	14	8	9	12	30	21	20	31	26	29	25	27	19	31
80	--	--	12	8	8	11	29	20	20	28	23	26	24	26	19	29
75	--	--	11	8	7	9	25	20	20	24	20	25	22	24	18	28
70	--	--	9	6	7	5	18	20	19	21	18	25	21	23	16	27
65	--	--	8	5	7	5	12	20	18	20	18	24	21	22	15	27
60	--	--	6	4	5	5	9	19	18	19	18	21	20	21	14	27
55	--	--	5	3	5	4	6	15	17	18	17	20	18	19	12	27
50	--	--	4	3	5	4	6	16	15	17	16	19	16	17	11	24
45	--	--	2	2	2	3	5	13	15	16	16	15	12	15	10	21
40	--	--	2	1	0	1	4	11	15	15	15	13	9	14	9	18
35	--	--	1	0	--	1	2	10	15	14	14	11	7	12	9	14
30	--	--	1	--	--	1	1	8	13	13	12	11	6	11	9	12
25	--	--	1	--	--	0	1	6	11	11	10	11	5	10	9	12
20	--	--	0	--	--	--	0	5	9	9	2	9	4	8	8	11
15	--	--	--	--	--	--	--	5	8	6	0	6	3	6	7	10
10	--	--	--	--	--	--	--	5	8	6	--	2	1	5	5	10
5	--	--	--	--	--	--	--	5	8	6	--	0	0	5	5	10
0	--	--	--	--	--	--	--	5	8	6	--	--	--	5	5	10
N	2	2	6	7	11	12	8	8	11	6	15	11	11	7	10	8

DOWN'S SYNDROME

SHUTTLE RUN -- MALE GROUP 3

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	--	--	17.6	16.5	14.0	13.5	14.4	13.7	11.4	11.9	10.7	12.8	11.6	12.2	10.1
95	--	--	--	17.6	16.5	14.0	13.5	14.4	13.7	11.4	11.9	10.7	12.8	11.6	12.2	10.1
90	--	--	--	17.6	16.5	14.0	13.5	14.4	13.7	11.4	12.1	10.7	12.8	11.6	12.2	10.1
85	--	--	--	17.6	16.7	14.9	13.5	14.4	13.8	11.4	12.5	12.3	12.9	11.6	12.5	10.6
80	--	--	--	17.8	17.1	16.1	14.0	14.4	14.2	11.5	12.5	13.8	13.6	11.6	12.8	11.5
75	--	--	--	18.2	17.4	16.8	14.8	14.5	14.7	11.7	12.6	14.1	14.2	11.6	13.1	12.5
70	--	--	--	18.6	17.8	17.2	15.7	14.5	15.0	12.0	12.8	14.5	14.9	11.7	13.4	12.8
65	--	--	--	18.9	18.1	17.5	16.3	14.6	15.2	12.3	12.9	14.5	15.5	11.9	13.6	13.1
60	--	--	--	19.3	18.4	17.8	16.6	14.7	15.3	12.7	13.2	14.6	16.1	12.4	13.7	13.3
55	--	--	--	19.7	18.8	18.3	16.9	14.7	15.4	13.2	13.7	14.9	16.4	12.9	13.9	13.4
50	--	--	--	20.1	19.5	18.5	17.2	14.7	15.5	13.7	14.3	15.2	16.5	13.4	13.9	13.4
45	--	--	--	20.6	20.3	18.9	18.6	14.8	15.7	13.9	14.2	15.4	16.6	13.4	14.0	13.7
40	--	--	--	21.2	21.4	20.3	20.0	15.3	15.8	14.1	14.4	15.7	17.0	13.4	14.3	14.0
35	--	--	--	21.7	22.6	21.7	21.4	15.3	15.9	14.3	15.7	15.7	17.8	13.4	14.6	14.4
30	--	--	--	23.7	24.0	22.6	22.7	15.7	16.0	15.0	17.2	15.8	18.6	14.6	15.5	14.9
25	--	--	--	31.4	25.6	23.2	23.8	17.0	16.5	17.4	17.5	16.8	24.6	16.3	16.7	15.5
20	--	--	--	69.2	26.6	24.3	25.0	18.6	17.2	19.3	18.2	17.9	32.7	18.0	17.7	18.2
15	--	--	--	81.0	27.4	26.0	25.8	20.3	17.9	20.3	19.3	17.9	40.8	19.2	18.4	20.9
10	--	--	--	81.0	27.9	27.4	25.8	20.3	18.0	20.3	22.6	18.0	42.0	19.2	19.0	22.3
5	--	--	--	81.0	27.9	27.4	25.8	20.3	18.0	20.3	24.2	18.0	42.0	19.2	19.0	22.3
0	--	--	--	81.0	27.9	27.4	25.8	20.3	18.0	20.3	24.2	18.0	42.0	19.2	19.0	22.3
N	1	1	2	5	8	8	5	6	6	5	12	9	6	5	8	7

DOWN'S SYNDROME

STANDING LONG JUMP -- MALE GROUP 3

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	--	28	55	47	46	56	62	62	79	72	59	64	70	62	72
95	--	--	28	55	47	46	56	62	62	79	72	59	64	70	62	72
90	--	--	28	54	46	46	56	62	58	79	70	58	63	70	62	72
85	--	--	28	50	42	44	53	60	53	76	66	56	61	69	62	71
80	--	--	28	44	39	42	50	59	53	71	63	54	59	68	61	68
75	--	--	27	37	38	38	48	56	52	66	62	54	57	66	58	65
70	--	--	26	33	35	33	46	52	49	63	60	53	55	62	55	59
65	--	--	26	32	33	30	45	50	46	60	58	52	51	57	53	52
60	--	--	26	31	32	29	44	46	42	58	52	49	46	55	51	48
55	--	--	25	29	31	27	41	42	38	56	49	45	44	54	48	45
50	--	--	25	28	28	24	39	36	37	54	48	45	43	54	48	42
45	--	--	22	27	24	23	38	36	36	48	42	44	39	53	47	40
40	--	--	19	23	24	21	38	36	35	42	36	42	36	52	46	37
35	--	--	16	19	23	20	36	31	33	37	34	41	34	48	45	32
30	--	--	15	16	18	19	34	27	30	33	33	41	31	41	43	25
25	--	--	15	15	16	19	24	24	27	29	29	41	29	33	36	18
20	--	--	14	14	15	17	14	20	24	25	27	39	20	26	24	16
15	--	--	14	9	15	14	13	16	23	20	27	36	12	19	18	15
10	--	--	14	1	14	12	13	12	22	18	24	32	6	15	17	14
5	--	--	14	0	14	11	13	12	22	18	19	31	4	15	17	14
0	--	--	14	--	14	11	13	12	22	18	19	31	4	15	17	14
N	2	2	5	10	10	11	9	9	13	7	16	10	11	7	10	7

DOWN'S SYNDROME

50 YARDS DASH -- MALE GROUP 3

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	--	--	11.6	9.8	8.7	9.9	7.9	9.9	7.7	7.6	8.6	8.0	8.0	8.8	8.4
95	--	--	--	11.6	9.8	8.7	9.9	7.9	9.9	7.7	7.6	8.6	8.0	8.0	8.8	8.4
90	--	--	--	11.6	9.8	8.7	9.9	7.9	9.9	7.7	7.6	8.7	8.0	8.0	8.8	8.4
85	--	--	--	11.8	10.0	10.2	10.3	8.9	10.0	7.8	7.9	9.0	8.4	8.0	8.8	8.5
80	--	--	--	12.1	10.3	12.1	11.0	9.8	10.1	8.3	8.3	9.4	8.7	8.1	8.8	8.7
75	--	--	--	12.8	11.0	13.1	11.7	9.9	10.3	8.8	8.6	10.0	8.8	8.2	9.1	8.9
70	--	--	--	14.0	12.0	13.3	11.7	10.0	10.7	9.2	9.2	10.4	8.9	8.3	9.6	8.9
65	--	--	--	14.7	13.1	13.5	11.7	10.3	11.5	9.2	9.2	10.6	9.1	8.5	10.0	9.0
60	--	--	--	14.8	14.2	13.8	11.8	10.5	12.1	9.2	9.5	10.8	9.4	8.6	10.0	9.0
55	--	--	--	14.8	15.3	14.1	12.0	10.8	12.3	9.2	9.8	10.9	9.6	8.8	10.0	9.0
50	--	--	--	15.2	15.7	14.8	12.2	11.0	12.5	9.3	9.9	10.9	9.8	9.0	10.1	9.0
45	--	--	--	15.6	16.1	15.4	13.0	11.5	12.9	9.5	10.2	11.0	10.3	9.1	10.2	9.3
40	--	--	--	15.7	16.6	16.2	13.8	12.0	13.1	9.5	10.7	11.1	10.9	9.3	10.3	9.6
35	--	--	--	15.9	17.0	16.9	15.4	12.6	13.3	9.6	11.6	11.2	11.7	9.4	10.4	10.0
30	--	--	--	15.9	17.5	17.5	17.7	13.2	14.0	9.6	12.7	11.4	12.5	9.6	10.5	10.5
25	--	--	--	15.9	17.5	17.9	20.0	13.3	17.3	9.6	13.2	11.6	12.8	9.8	10.8	11.0
20	--	--	--	18.8	18.5	19.2	21.4	13.5	18.6	9.7	14.0	11.7	13.0	10.0	11.3	13.3
15	--	--	--	25.2	20.5	21.3	22.8	15.8	18.9	9.8	14.5	12.9	25.9	10.1	12.3	15.6
10	--	--	--	30.2	21.8	23.0	23.5	18.1	19.8	9.8	14.9	14.9	33.8	10.1	13.0	16.8
5	--	--	--	30.2	21.8	23.0	23.5	18.1	20.3	9.8	15.0	15.2	38.8	10.1	13.0	16.8
0	--	--	--	30.2	21.8	23.0	23.5	18.1	20.3	9.8	15.0	15.2	38.8	10.1	13.0	16.8
N	1	2	2	8	8	8	7	9	12	6	16	10	5	5	8	7

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DOWN'S SYNDROME

SOFTBALL THROW -- MALE GROUP 3

AGE / PCTILE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
100	--	--	36	50	84	32	90	65	98	88	102	140	117	140	110	100
95	--	--	36	50	84	32	90	65	98	88	102	140	117	140	110	100
90	--	--	36	50	80	32	90	65	90	83	100	131	114	140	108	100
85	--	--	36	38	57	30	82	62	71	87	97	102	99	138	97	99
80	--	--	32	24	40	28	67	59	60	86	96	86	89	123	83	93
75	--	--	27	17	31	26	51	56	53	84	94	75	88	109	83	87
70	--	--	22	16	26	25	47	53	51	79	89	67	86	98	78	82
65	--	--	18	16	25	24	44	44	50	74	83	60	85	97	76	80
60	--	--	17	15	25	22	42	35	49	72	82	58	82	96	75	77
55	--	--	17	15	24	22	41	34	47	71	78	56	77	93	75	73
50	--	--	16	15	23	22	41	33	46	70	74	54	71	89	73	66
45	--	--	16	14	22	21	35	32	44	60	69	50	64	85	70	59
40	--	--	15	12	17	21	30	31	36	50	61	48	58	79	62	53
35	--	--	15	11	13	21	24	29	30	42	47	46	53	71	55	47
30	--	--	15	10	11	19	19	28	25	35	41	45	48	63	52	42
25	--	--	15	10	10	16	14	26	22	29	34	44	37	50	46	37
20	--	--	14	10	10	15	12	24	21	25	31	42	20	33	35	33
15	--	--	14	9	10	13	11	23	20	22	28	40	14	17	27	29
10	--	--	14	8	10	11	10	23	16	20	24	36	14	15	22	28
5	--	--	14	8	10	10	10	23	15	20	22	35	14	15	21	28
0	--	--	14	8	10	10	10	23	15	20	22	35	14	15	21	28
N	2	2	5	8	10	11	7	9	12	7	16	11	10	6	10	6

DOWN'S SYNDROME

300 YARDS RUN-WALK -- MALE GROUP 3

AGE	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
PCTILE																
100	--	--	--	98	100	126	--	76	0	57	54	60	51	--	70	60
95	--	--	--	98	100	126	--	76	--	57	54	60	51	--	70	60
90	--	--	--	98	101	126	--	76	--	57	56	60	51	--	70	60
85	--	--	--	101	104	131	--	78	--	58	63	69	53	--	70	60
80	--	--	--	105	106	137	--	81	--	64	67	77	57	--	71	61
75	--	--	--	117	108	140	--	84	--	71	70	81	72	--	72	62
70	--	--	--	128	112	141	--	92	--	76	71	84	98	--	75	68
65	--	--	--	132	119	144	--	100	--	78	74	89	116	--	78	86
60	--	--	--	135	128	152	--	107	--	81	80	95	118	--	80	104
55	--	--	--	136	138	163	--	114	--	82	95	99	120	--	82	115
50	--	--	--	137	145	186	--	120	--	84	114	103	121	--	84	117
45	--	--	--	138	150	208	--	123	--	85	118	110	121	--	85	118
40	--	--	--	139	151	212	--	126	--	88	127	116	125	--	86	120
35	--	--	--	139	153	214	--	135	--	93	147	118	129	--	88	121
30	--	--	--	140	161	251	--	152	--	98	160	120	134	--	91	123
25	--	--	--	142	170	306	--	169	--	115	170	138	141	--	94	125
20	--	--	--	144	182	420	--	173	--	137	172	155	158	--	107	127
15	--	--	--	206	204	605	--	178	--	159	174	166	190	--	120	130
10	--	--	--	267	231	750	--	180	--	162	176	177	214	--	127	130
5	--	--	--	267	236	750	--	180	--	162	176	177	214	--	127	130
0	--	--	--	267	236	750	--	180	--	162	176	177	214	--	127	130
N	2	2	4	9	10	8	4	7	10	6	11	9	8	3	7	6

TL

Appendix

SPECIAL FITNESS RECORD FORM

SCHOOL: _____ ADDRESS: _____ CITY _____ ZIP _____

Code Number	Age	Sex	Group	SPECIAL FITNESS TESTING ITEMS							Notes
				Flexed Arm Hang	Flexed Knee Sit-ups-60"	Shuttle Run	Standing Long Jump	50-yard Dash	Softball Throw	300-yard Run-walk	

Remarks: Place a number in the appropriate block for the following items.
Sex: 1=Male; 2=Female
Group: 1=Mildly; 2=Moderately
3=Down's syndrome

Teacher _____ Date _____

SPECIAL FITNESS RECORD FORM

SCHOOL: DOUGLASS ADDRESS: WEST 6TH ST. CITY DECATUR ZIP 62523

IN INCHES ONLY! NO FEET

Code Number	Age	Sex	Group	SPECIAL FITNESS TESTING ITEMS: Flexed Arm Hang	Flexed Knee Sit-ups-60"	Shuttle Run	Standing Long Jump	50-yard Dash	Softball Throw	300-yard Run-walk	Notes
1	8	1	3	2.0	21	10.5	43"	9.4	36'	120	
2	10	1	2	6.4	40	9.1		10.1	40'	100	
3	11	2	2	5.8	16		0	9.0	115'	95	

NAMES NOT NECESSARY

PRESENT AGE IN YEARS

DID NOT TAKE TEST

TOOK TEST BUT SCORED 0

TOTAL FEET

TOTAL SECONDS DO NOT USE MINUTES

Remarks: Place a number in the appropriate block for the following items.
Sex: 1=Male; 2=Female
Group: 1=Mildly; 2=Moderately; 3=Down's syndrome

Teacher TOM JONES Date 5/1/79